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NFS Report  
No. 91-2

September 1995

# Food and Nutrient Intakes by Individuals in the United States, 1 Day, 1989-91

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# Food and Nutrient Intakes by Individuals in the United States, 1 Day, 1989-91



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## ABSTRACT

Katherine S. Tippet, Sharon J. Mickle, Joseph D. Goldman, et al. 1995. Food and Nutrient Intake by Individuals in the United States, 1 Day, 1989–91. Continuing Survey of Food Intakes by Individuals, 1989–91, Nationwide Food Surveys Rep. No. 91–2, 263 pp.

This publication contains estimates of food and nutrient intakes by individuals residing in households in the 48 conterminous States and Washington, DC. The estimates are based on information provided by 15,128 individuals who participated in the 1989–91 Continuing Survey of Food Intakes by Individuals conducted by the U.S. Department of Agriculture. One-day food and nutrient intake data for individuals of all ages were collected between April 1989 and March 1992 using a 1-day recall in an in-person interview. Food and nutrient intake estimates are tabulated for individuals by sex and age, race, Food Stamp Program participation, poverty status, income level, and region. For 71 food groups and subgroups, mean quantities of foods eaten per individual in a day and percentages of individuals who reported eating any food from the specified food groups and subgroups are presented. Also presented are tables of the mean intakes of food energy and nutrients; nutrient intakes per 1,000 kilocalories; nutrient intakes expressed as percentages of the 1989 Recommended Dietary Allowances; macronutrient sources of food energy; frequency of eating; percentage of individuals reporting specified eating occasions; mean intakes and percentages of individuals reporting drinking plain water; percentages of individuals reporting special diets by type of diet; usage of vitamin and mineral supplements by type of supplement; and frequency of salting food at the table.

**Key words:** diet survey, nutrition survey, food, food intakes, nutrient intakes, vitamins, minerals

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# FOOD AND NUTRIENT INTAKES BY INDIVIDUALS IN THE UNITED STATES, 1 DAY, 1989–91

This publication provides estimates of 1-day food and nutrient intakes by individuals of all ages living in households in the 48 conterminous States and Washington, DC. It is based on data from the Continuing Survey of Food Intakes by Individuals (CSFII 1989–91) conducted by the U.S. Department of Agriculture (USDA). CSFII 1989–91 was originally conducted as three separate 1-year surveys. Data collection for each year began in April and continued through March of the following year.

The design of the survey included two independent stratified clustered samples of housing units, a basic or all-income sample, and a low-income sample. The samples were drawn from the 48 conterminous States and Washington, DC. For each year, data from the basic and low-income samples were combined; data for each year are available on magnetic tape (USDA–HNIS 1992b, 1993b, 1994b). This publication is based on combined data from all 3 years. Appendix A provides additional information on the sampling and other statistical aspects of the survey.

Individuals who took part in the survey were asked to provide 3 consecutive days of dietary data. The first day's data, which are the basis of this report, were collected in an in-person interview using a 1-day dietary recall. The second and third days' data were collected using a 2-day dietary record. Appendix B provides additional information on the data collection procedures.

National Analysts (a division of Booz, Allen and Hamilton, Inc.), conducted CSFII 1989–91 under contract with the U.S. Department of Agriculture (USDA). USDA defined the information to be collected; developed the survey instruments; provided technical information such as food codes, weights of common measures of food, and the food composition data base; and monitored the contract. National Analysts designed the sample; collected the information; edited, coded, and keyed the data; converted food intake data into nutrient intake data; and prepared a final data tape. Sample weights were created by Iowa State University researchers.

The CSFII 1989–91 is the most recently completed of many USDA surveys of food consumption. These surveys and their methodologies have been expanded and refined over the years by USDA and cooperating agencies. The surveys are used to assess food consumption behavior and the nutritional content of diets for policy implications relating to food production and marketing, food safety, food assistance, and nutrition education. The surveys are a major component of the National

Nutrition Monitoring and Related Research Program, a set of Federal activities that provide regular information on the nutritional status of the U.S. population (USDHHS and USDA 1989, USDHHS and USDA 1993).

This report contains three types of tables.<sup>1</sup>

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<sup>1</sup> (1) Descriptive statistical tables, which present detailed data from the survey. These 115 tables begin on page 6, and the list of their titles starts on page iv. (2) Text tables summarizing survey results or providing information about the survey design. These tables appear in the Highlights section and in appendixes A, B, and C. The titles of these 13 tables identify them as text tables. (3) Appendix C tables, which provide information on food mixtures reported in the survey. The titles of these six tables identify them as appendix C tables.

## HIGHLIGHTS

Selected population estimates, based on results from the 1989–91 CSFII, are presented here along with comparisons from the 1977–78 and the 1987–88 Nationwide Food Consumption Surveys (USDA–HNIS 1993a). The 1977–78 and 1987–88 surveys also included the collection of 1-day dietary intakes. Numbers in parentheses following an estimated mean are standard errors of the mean. Highlights are as follows:

- **A shift to a lower fat, higher carbohydrate diet between 1977–78 and 1989–91.** In 1989–91, individuals obtained 34 ( $\pm 0.2$ ) percent of their calories from total fat (table 11.1), down from 36 ( $\pm 0.2$ ) percent in 1987–88 and 40 ( $\pm 0.1$ ) percent in 1977–78. In 1989–91, individuals obtained 49 ( $\pm 0.2$ ) percent of calories from total carbohydrate, up from 47 ( $\pm 0.3$ ) percent in 1987–88 and 43 ( $\pm 0.2$ ) percent in 1977–78. Despite the decrease in total fat, the amount of total fat in the average diet is still higher than the 30 percent or less of calories recommended by the Dietary Guidelines for Americans (USDA and USDHHS 1990).
- **A change in the kinds of foods we eat.** Diets in 1989–91 differed considerably from those in 1977–78 (text table 1). In 1989–91, we ate more grain products, especially grain mixtures (such as pizza and lasagna) and cereals and pasta; we drank less whole milk and more lowfat and skim milk; we ate more mixtures that were mainly meat, poultry, or fish (such as a cheeseburger on a bun and stews) and fewer separate cuts of beef and pork (such as steaks and roasts); we ate fewer eggs; and we drank more carbonated soft drinks. Vegetable consumption declined while fruit consumption increased only slightly despite dietary advice to eat more of both food groups.
- **Not enough fruit in the diets of some individuals.** The Food Guide Pyramid (USDA–HNIS 1992a) advises individuals to consume two to four servings of fruit daily. In 1989–91, only about half (53 percent) of the population ate

fruit or drank fruit juices on any given day (table 3.1B). For some groups, especially for teenagers and for adults under 50 years of age, the percentage of individuals eating fruit or drinking fruit juices was even lower. The intake of fruit by low-income individuals (123 grams) was considerably lower than the intakes of fruit by middle- and high-income individuals (160 and 169 grams, respectively) (table 3.5A).<sup>2</sup>

- **A shift over time in the types of beverages consumed.** Between 1977–78 and 1989–91, the intake of fluid milk declined by 12 percent (from 252 to 221 grams) while the intake of carbonated soft drinks increased 72 percent (from 144 to 248 grams). Intakes of coffee and tea remained about the same during the period, but intakes of fruit juices (citrus plus noncitrus) and fruit drinks and ades both increased (by 24 and 30 percent, respectively).
- **Racial differences in intakes of some types of beverages.** In 1989–91, intakes of carbonated soft drinks were higher among whites (257 grams) than among blacks (212 grams), but intakes of fruit drinks and ades were higher among blacks (108 grams) than among whites (58 grams) (table 7.2A).
- **Income differences in the type of milk drunk.** About 38 percent of the total fluid milk drunk by low-income individuals was lowfat and skim, compared with 72 percent of that by high-income individuals (table 4.5A).
- **New information available on the types of mixtures eaten.** The mean intake by individuals of mixtures that were mainly grain was 89 grams in 1989–91 (app. table C3A), an increase of 71 percent since 1977–78. Of the grain mixtures, 39 grams (about 44 percent) were pasta-based, usually with a tomato, cheese, or cream sauce; 27 grams (about 30 percent) were bread-based mixtures such as pizza or tortilla-type mixtures (for example, enchiladas, burritos, or tacos); 9

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<sup>2</sup> Low-income individuals are those living in households with annual income at or below 130 percent of the Federal poverty thresholds; middle-income individuals, at 131–350 percent; and high-income individuals, at over 350 percent.

**Text Table 1. Mean intakes and standard errors of the mean (SEM) of selected food groups, all individuals, NFCS 1977-78, NFCS 1987-88, and CSFII 1989-91**

Food group	<u>1977-78</u>		<u>1987-88</u>		<u>1989-91</u>	
	Mean	SEM	Mean	SEM	Mean	SEM
-----Grams-----						
Total grain products	215	(±2.7)	237	(±6.3)	273	(±5.2)
Cereals and pasta	49	(±2.4)	57	(±4.1)	73	(±3.4)
Mixtures	52	(±1.5)	72	(±4.2)	89	(±3.0)
Vegetables	201	(±2.8)	182	(±3.8)	179	(±3.1)
Fruit	142	(±3.3)	142	(±5.4)	156	(±4.1)
Citrus juices	53	(±1.5)	52	(±3.3)	57	(±2.6)
Noncitrus juices	13	(±0.7)	20	(±3.3)	25	(±1.6)
Fluid milk	252	(±4.8)	251	(±7.7)	221	(±5.8)
Whole milk	128	(±4.8)	99	(±7.2)	83	(±3.4)
Lowfat/skim milk	63	(±4.2)	102	(±8.5)	—	
Lowfat milk	—		—		105	(±5.2)
Skim milk	—		—		28	(±2.5)
Total meat, poultry, fish	207	(±2.1)	193	(±4.8)	191	(±3.1)
Beef	52	(±1.2)	32	(±1.8)	26	(±1.1)
Pork	20	(±0.5)	14	(±1.1)	11	(±0.7)
Mixtures	69	(±1.7)	86	(±4.3)	90	(±3.1)
Eggs	27	(±0.5)	20	(±0.9)	19	(±0.9)
Beverages	633	(±9.4)	711	(±20.0)	758	(±17.2)
Carbonated soft drinks	144	(±3.1)	223	(±9.1)	248	(±7.2)
Fruit drinks/ades	50	(±2.1)	58	(±6.0)	65	(±2.9)
Coffee	267	(±5.1)	248	(±12.3)	260	(±9.0)
Tea	121	(±5.3)	116	(±9.5)	114	(±6.5)

— Data not available.

grams (about 10 percent) were rice-based; and 13 grams (about 15 percent) were rice- or pasta-based soups. In 1989–91, the mean intake of mixtures that were mainly meat, poultry, or fish was 90 grams (app. table C4A), up 30 percent from 1977–78. Of these mixtures, 57 grams (about 63 percent) were meat-based, 15 grams (about 17 percent) were poultry-based, 7 grams (about 8 percent) were fish-based, and 9 grams (about 10 percent) were soups.

- **Mean nutrient intakes that exceed the Recommended Dietary Allowances (RDA) (National Research Council 1989) for 10 of 15 nutrients.** Mean intakes for the total population and for most sex-age groups met or exceeded the RDA for protein, vitamin A, vitamin C, thiamin, riboflavin, niacin, folate, vitamin B<sub>12</sub>, phosphorus, and iron (table 10.1). Although the mean intake of iron for the total population was above the RDA, intakes by several sex-age groups (children 1 to 2 years old and women 12 to 49 years old) were not. For some nutrients—vitamin E, vitamin B<sub>6</sub>, calcium, magnesium, and zinc—mean intakes were below the RDA for the total population and for many sex-age groups.<sup>3</sup>
- **An average intake of cholesterol of 270 milligrams—345 milligrams for men 20 and over and 231 milligrams for women of the same age** (table 8.1). Many health authorities recommend a daily cholesterol intake of less than 300 milligrams. Intakes by all age groups of males 12 to 69 years old exceeded this recommendation.
- **An average intake of sodium in 1989–91 of 3,074 milligrams—3,891 milligrams for men 20 years and over and 2,489 milligrams for women the same age** (table 8.1). Sodium intake estimates in the CSFII are based exclusively

<sup>3</sup>An average intake below the RDA does not necessarily mean that people in a group were malnourished. Individuals' nutrient requirements differ, and the RDA are set high enough to meet the requirements of most healthy people. Thus, the RDA exceed the requirements of many individuals. However, the risk of some individuals' having inadequate intakes increases as the average intake for the group falls further below the RDA (National Research Council 1989).



on sodium from foods and beverages; sodium from salt added at the table was not quantified in the survey and is not included. The Committee on Diet and Health of the National Research Council has recommended that daily intake of salt (sodium chloride) be limited to 6 grams (National Academy of Sciences 1989). This translates into a daily sodium intake of 2,400 milligrams. Thus, sodium intakes by all groups of males 3 years and older and most groups of females 6 years and older exceeded the recommended level even though salt added at the table was not included. Data on the type and frequency (but not the quantity) of salt used at the table was obtained in the CSFII. About 35 percent of individuals reported never adding salt to food at the table, while 11 percent indicated that they use ordinary salt very often (table 17).

- **Nutrient intakes expressed as percentages of the RDA that, for low-income Food Stamp Program participants, were as high as or higher than those by low-income nonparticipants (table 10.3).**
- **Most people eat breakfast.** About 83 percent of individuals eat breakfast on any given day (table 13).
- **Some type of vitamin and mineral supplement is used by 47 percent of women 20 and over and by 32 percent of men of the same age on any given day (table 16).** Multivitamins are the most used type of supplement.

## **SURVEY TABLES**

Table 1.1A.--Grain products: Mean intakes per individual in a day, by sex and age, 1 day, 1989-91

Sex and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
<div>Percent</div> <div>----- Grams -----</div>											
Males and females:											
Under 1.....	0.9	49	† 2	28	† 1	*	† 1	† 5	† 2	*	† 11
1-2.....	3.2	181	23	66	13	12	5	11	14	4	62
3-5.....	4.8	235	39	73	20	16	12	14	23	5	81
5 and under.....	9.0	196	30	65	15	13	8	12	18	4	67
Males:											
Under 1.....	0.5	† 58	† 1	36	† 1	0	*	† 1	† 3	*	† 16
1-2.....	1.5	188	27	59	12	† 14	† 4	16	16	4	68
3-5.....	2.5	237	41	72	21	14	† 11	16	22	6	80
6-11.....	4.9	296	47	80	24	21	11	16	37	9	108
12-19.....	5.3	351	65	81	25	27	18	31	45	9	121
20-29.....	7.3	366	63	73	14	33	17	21	36	8	165
30-39.....	8.5	339	62	88	13	35	25	20	44	10	115
40-49.....	6.2	328	62	95	12	32	25	23	40	9	97
50-59.....	4.2	284	67	76	12	28	† 20	23	42	10	65
60-69.....	3.9	272	56	85	20	18	† 16	23	37	5	65
70-79.....	2.4	284	56	113	18	32	† 13	23	41	5	45
80 and over.....	0.7	333	50	127	17	† 18	† 10	23	51	5	† 78
20 and over.....	33.2	324	61	87	14	31	20	22	40	9	104
Females:											
Under 1.....	0.5	40	† 4	20	† 1	† 1	† 2	† 10	† 1	*	† 6
1-2.....	1.7	175	21	72	14	12	† 5	7	13	5	57
3-5.....	2.3	232	36	74	19	18	12	12	25	4	81
6-11.....	4.6	268	46	66	21	12	17	22	33	9	93
12-19.....	5.6	261	45	61	15	19	13	20	26	8	100
20-29.....	7.7	259	44	57	13	24	12	15	28	7	107
30-39.....	9.1	253	47	62	11	22	18	17	33	9	86
40-49.....	6.7	216	42	50	9	20	13	16	31	8	68
50-59.....	4.5	207	46	56	10	19	8	16	30	6	53
60-69.....	4.6	213	46	76	12	18	15	16	30	5	39
70-79.....	3.0	213	48	77	12	15	8	16	33	5	33
80 and over.....	1.8	248	46	99	15	16	† 3	18	31	5	49
20 and over.....	37.4	234	45	63	11	20	13	16	31	7	71
All individuals.....	100.0	273	50	73	15	23	15	19	34	8	89

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 1.1B.--Grain products: Percentages of individuals using, by sex and age, 1 day, 1989-91

Sex and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcom, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
<i>Percent ----- Percent -----</i>											
Males and females:											
Under 1.....	0.9	71.4	10.3	63.4	6.3	.4	1.9	10.1	5.7	1.2	9.1
1-2.....	3.2	99.0	58.1	73.2	48.9	11.0	5.1	22.3	36.7	21.2	42.6
3-5.....	4.8	99.1	71.4	73.0	53.7	12.7	8.7	21.4	40.8	20.3	40.7
5 and under.....	9.0	96.2	60.2	72.1	47.0	10.8	6.7	20.6	35.7	18.7	38.1
Males:											
Under 1.....	0.5	75.9	7.1	71.9	5.9	0.0	.3	1.3	3.4	1.8	12.1
1-2.....	1.5	98.8	63.4	66.4	43.6	12.3	3.7	29.1	34.9	20.6	43.5
3-5.....	2.5	98.7	74.5	70.8	53.7	9.6	6.8	21.7	39.1	21.8	39.9
6-11.....	4.9	99.6	68.4	63.3	51.0	11.5	6.0	19.8	38.7	21.6	46.0
12-19.....	5.3	97.3	70.7	47.2	35.5	10.2	6.3	22.1	38.5	20.5	36.6
20-29.....	7.3	93.2	65.4	33.6	19.6	10.4	5.3	17.2	29.5	13.6	39.1
30-39.....	8.5	94.7	71.5	36.0	17.6	12.1	9.0	18.0	35.6	17.2	32.3
40-49.....	6.2	95.9	67.9	37.0	17.9	11.0	8.7	20.8	39.2	19.2	28.1
50-59.....	4.2	97.5	77.5	38.9	19.9	11.1	6.4	22.0	35.2	20.1	19.3
60-69.....	3.9	97.8	74.1	52.8	33.1	10.0	4.7	23.0	36.9	16.6	20.9
70-79.....	2.4	99.3	80.4	61.9	35.5	11.2	5.8	20.2	40.9	21.0	15.9
80 and over.....	0.7	100.0	75.8	66.6	29.8	14.3	5.0	27.1	52.5	23.1	24.0
20 and over.....	33.2	95.8	71.3	40.5	21.7	11.1	7.0	19.8	35.8	17.5	28.7
Females:											
Under 1.....	0.5	66.6	13.6	54.5	6.7	.8	3.6	19.3	8.1	.6	5.9
1-2.....	1.7	99.2	53.2	79.3	53.7	9.8	6.3	16.2	38.4	21.8	41.8
3-5.....	2.3	99.6	68.1	75.3	53.7	15.9	10.9	21.2	42.6	18.8	41.6
6-11.....	4.6	99.5	72.5	64.3	48.0	8.6	9.8	27.2	45.1	21.6	40.0
12-19.....	5.6	96.8	64.6	43.9	27.7	10.2	6.2	21.7	30.3	20.1	38.8
20-29.....	7.7	95.6	65.3	35.8	21.8	10.0	6.5	18.9	28.9	16.9	35.6
30-39.....	9.1	95.7	67.8	38.0	20.5	11.0	7.3	21.9	35.8	22.5	31.2
40-49.....	6.7	96.0	66.7	35.0	19.0	10.0	7.0	17.2	36.3	24.8	27.0
50-59.....	4.5	95.8	70.6	41.1	23.1	10.2	3.9	20.6	35.1	19.5	21.1
60-69.....	4.6	96.1	75.2	47.6	26.9	8.5	6.9	21.2	39.3	21.7	18.2
70-79.....	3.0	99.4	76.9	56.7	30.9	8.5	5.0	20.6	41.1	21.4	13.8
80 and over.....	1.8	99.2	79.4	64.0	38.8	12.5	1.9	16.4	44.0	20.3	19.9
20 and over.....	37.41	96.3	69.6	41.3	23.3	10.1	6.2	19.8	35.6	21.1	26.6
All individuals.....	100	96.5	69.2	46.4	28.3	10.5	6.7	20.4	36.1	19.6	31.1

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 1.2A.--Grain products: Mean intakes per individual in a day, by race, 1 day, 1989-91

Race, sex, and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
<i>Percent ----- Grams -----</i>											
White:											
Males and females:											
1-2.....	2.3	175	26	58	12	† 8	6	11	14	4	62
3-5.....	3.8	236	40	67	21	† 13	10	14	25	6	83
5 and under ‡ .....	6.8	198	32	60	16	10	8	12	19	5	69
Males:											
6-11.....	3.9	293	46	76	26	† 17	11	15	38	10	108
12-19.....	4.5	346	69	65	25	† 12	21	28	48	9	127
20-39.....	13.2	348	64	74	13	28	21	21	41	10	138
40-59.....	9.3	313	65	83	13	26	23	22	44	10	89
60 and over.....	6.0	277	57	93	19	18	† 15	23	43	6	55
20 and over.....	28.5	321	63	81	14	25	20	22	42	9	104
Females:											
6-11.....	3.5	264	44	61	21	9	17	19	34	11	95
12-19.....	4.1	260	44	52	16	10	18	18	26	9	110
20-39.....	13.7	246	46	51	12	14	16	15	32	9	93
40-59.....	9.3	211	46	47	10	15	12	14	34	8	63
60 and over.....	8.3	206	48	67	13	12	11	15	32	5	39
20 and over.....	31.3	225	47	54	12	14	13	15	32	7	70
All individuals.....	82.7	269	52	66	15	17	16	18	36	8	90
Black:											
Males and females:											
1-2.....	0.6	201	21	86	16	† 20	† 2	† 14	† 20	† 4	56
3-5.....	0.6	193	36	79	15	† 20	† 2	† 11	† 13	† 1	53
5 and under ‡ .....	1.4	176	25	75	13	17	† 2	† 11	14	† 2	48
Males:											
6-11.....	0.6	309	41	102	17	† 39	† 3	24	27	† 4	† 112
12-19.....	0.6	407	44	196	25	† 120	† 2	† 43	† 27	† 5	† 93
20-39.....	1.7	358	50	110	10	† 51	† 22	18	† 32	† 2	145
40-59.....	0.8	247	50	108	5	† 53	† 10	30	19	† 3	† 37
60 and over.....	0.8	269	49	97	17	28	† 1	† 19	† 17	† 3	† 84
20 and over.....	3.2	309	50	106	11	46	† 14	21	25	† 3	104
Females:											
6-11.....	0.8	291	52	90	21	† 19	† 20	30	35	† 4	† 80
12-19.....	1.2	279	49	91	† 12	† 47	*	23	31	† 7	78
20-39.....	2.1	292	44	76	12	41	† 8	† 23	30	5	114
40-59.....	1.4	215	34	77	4	† 38	† 4	† 26	12	† 6	60
60 and over.....	0.9	293	40	169	11	42	† 2	27	19	4	† 34
20 and over.....	4.4	267	40	95	9	40	† 5	† 25	22	5	80
All individuals.....	12.3	279	43	100	12	42	7	23	24	4	85

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91



Table 1.2B.--Grain products: Percentages of individuals using, by race, 1 day, 1989-91

Race, sex, and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcom, pretzels, com chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
<i>Percent ----- Percent -----</i>											
White:											
Males and females:											
1-2.....	2.3	99.2	64.4	69.1	49.2	6.8	6.2	22.3	39.7	24.4	44.5
3-5.....	3.8	99.3	73.0	72.8	55.5	10.6	8.5	22.8	44.1	23.3	41.2
5 and under ‡ .....	6.8	96.5	64.1	70.3	48.6	8.3	7.1	21.7	38.9	21.5	39.3
Males:											
6-11.....	3.9	99.5	68.9	62.6	52.4	9.2	6.3	18.7	39.9	24.8	48.2
12-19.....	4.5	96.8	73.2	44.0	34.9	5.1	7.5	21.2	40.2	22.2	38.0
20-39.....	13.2	94.6	70.5	33.1	18.7	9.4	7.1	17.3	34.6	16.5	35.5
40-59.....	9.3	96.8	72.6	37.1	19.6	9.4	7.9	20.1	39.2	20.6	25.5
60 and over.....	6.0	98.5	77.4	56.7	35.3	9.0	5.1	22.7	43.1	19.6	18.4
20 and over.....	28.5	96.2	72.6	39.4	22.5	9.3	6.9	19.4	37.9	18.5	28.7
Females:											
6-11.....	3.5	99.8	72.1	64.0	47.7	7.6	10.9	26.6	45.6	25.4	41.0
12-19.....	4.1	96.4	61.6	43.0	30.5	6.2	8.2	20.6	30.4	22.1	42.0
20-39.....	13.7	95.7	68.1	36.1	22.4	7.3	7.4	20.2	34.3	21.8	33.3
40-59.....	9.3	96.2	70.0	36.3	21.9	8.2	6.0	18.1	38.0	24.1	26.0
60 and over.....	8.3	97.6	76.9	52.1	31.7	7.8	5.7	19.3	42.3	21.7	17.1
20 and over.....	31.3	96.4	71.0	40.4	24.7	7.7	6.5	19.3	37.5	22.5	26.8
All individuals.....	82.7	96.6	70.6	44.9	29.1	8.2	7.0	20.0	38.0	21.2	31.5
Black:											
Males and females:											
1-2.....	0.6	98.6	47.5	85.5	43.0	22.8	2.5	22.7	33.6	14.3	39.2
3-5.....	0.6	97.5	67.7	71.0	43.6	20.3	1.4	16.3	22.1	6.3	31.5
5 and under ‡ .....	1.4	94.1	50.5	76.7	38.1	18.8	1.7	17.4	24.4	9.0	31.5
Males:											
6-11.....	0.6	100.0	68.5	64.8	40.1	20.6	2.0	24.9	31.9	6.6	39.1
12-19.....	0.6	99.7	57.6	68.2	37.1	43.1	.5	25.3	26.6	8.3	24.6
20-39.....	1.7	90.0	60.7	40.9	14.5	18.7	8.4	19.5	24.5	7.3	34.9
40-59.....	0.8	93.0	65.4	37.6	8.9	20.1	3.8	29.5	25.8	5.8	10.8
60 and over.....	0.8	99.0	69.9	56.1	25.4	21.8	1.5	18.7	17.2	14.1	24.1
20 and over.....	3.2	92.9	64.1	43.9	15.9	19.8	5.6	21.7	23.0	8.6	26.5
Females:											
6-11.....	0.8	98.4	74.6	70.5	51.5	9.7	7.1	29.0	48.0	9.9	34.9
12-19.....	1.2	97.4	72.4	48.1	20.0	22.0	.2	24.5	33.2	16.3	32.4
20-39.....	2.1	96.3	63.0	42.5	17.1	22.7	4.3	20.6	26.2	10.0	30.8
40-59.....	1.4	95.5	61.9	40.6	12.4	17.4	2.8	17.4	25.9	13.1	19.1
60 and over.....	0.9	98.5	78.8	62.8	25.5	19.6	.8	26.3	31.7	17.3	13.3
20 and over.....	4.4	96.5	65.8	46.0	17.3	20.4	3.1	20.7	27.2	12.5	23.5
All individuals.....	12.3	95.8	64.6	52.9	24.0	20.6	3.4	22.0	28.0	10.8	27.7

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 1.3A.--Grain products: Mean intakes per individual in a day, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1989-91

FSP participation, sex, and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready-to-eat cereals	Rice	Pasta				
<i>Percent ----- Grams -----</i>											
Participating:											
Males and females:											
1-2.....	0.5	214	25	90	11	20	† 6	10	10	4	74
3-5.....	0.6	227	38	68	19	28	3	20	14	4	83
5 and under ‡ .....	1.3	201	28	73	13	21	4	14	12	4	71
Males:											
6-11.....	0.5	312	45	85	19	18	† 6	25	41	7	109
12-19.....	0.3	341	57	116	19	† 73	† 12	† 16	† 41	† 5	107
20-39.....	0.5	292	71	97	9	† 60	† 15	19	† 18	4	83
40-59.....	0.2	† 371	† 53	† 185	† 7	† 112	† 4	† 31	† 18	† 8	† 75
60 and over.....	0.2	† 264	† 49	† 107	† 12	† 26	† 6	† 17	† 10	† 4	† 76
20 and over.....	0.8	305	63	120	9	66	† 10	21	16	5	80
Females:											
6-11.....	0.5	290	44	92	21	† 13	† 11	25	30	† 3	97
12-19.....	0.5	276	48	65	12	† 24	† 6	25	23	7	108
20-39.....	1.2	237	42	78	9	42	† 9	13	14	6	83
40-59.....	0.4	197	47	64	5	† 33	† 5	11	† 13	5	57
60 and over.....	0.4	262	40	97	9	† 28	† 6	25	33	6	60
20 and over.....	2.0	234	43	79	8	38	8	15	18	6	73
All individuals.....	5.9	258	44	86	13	35	8	18	21	5	84
Not participating:											
Males and females:											
1-2.....	0.4	170	22	56	10	† 10	† 8	14	12	† 4	61
3-5.....	0.6	213	36	83	16	† 16	† 16	15	16	3	60
5 and under ‡ .....	1.1	179	27	67	12	12	† 11	14	13	3	55
Males:											
6-11.....	0.6	294	40	73	18	† 22	† 16	24	35	† 5	116
12-19.....	0.6	352	52	100	19	† 42	† 11	47	35	† 13	105
20-39.....	1.2	323	61	88	12	33	† 28	30	29	7	107
40-59.....	0.6	269	62	73	7	32	† 4	48	25	† 5	55
60 and over.....	0.8	247	53	88	11	18	† 7	34	24	4	44
20 and over.....	2.6	286	59	85	11	28	† 16	35	26	6	75
Females:											
6-11.....	0.6	271	41	81	16	23	† 11	30	38	8	72
12-19.....	0.6	274	41	75	11	† 31	† 10	32	† 24	9	92
20-39.....	1.4	245	43	63	9	29	13	23	22	8	87
40-59.....	0.9	199	39	63	6	24	† 9	21	19	4	52
60 and over.....	1.7	204	45	73	12	16	8	17	29	4	36
20 and over.....	3.9	217	43	67	10	22	10	20	24	5	57
All individuals.....	10.1	250	46	75	12	24	12	27	26	6	71

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 1.3B.--Grain products: Percentages of individuals using, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1989-91

FSP participation, sex, and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready-to-eat cereals	Rice	Pasta				
<i>Percent ----- Percent -----</i>											
Participating:											
Males and females:											
1-2.....	0.5	98.1	57.5	72.2	44.8	16.4	5.0	23.3	21.6	15.9	42.0
3-5.....	0.6	97.4	64.1	68.4	51.4	20.2	3.7	23.8	28.4	16.9	42.8
5 and under ‡ .....	1.3	94.9	54.8	69.9	42.4	16.1	3.8	21.1	23.5	14.6	39.0
Males:											
6-11.....	0.5	100.0	66.3	58.9	45.9	8.8	4.4	32.2	38.5	16.3	44.4
12-19.....	0.3	98.0	64.5	51.0	34.9	21.0	4.4	20.7	30.3	8.5	35.4
20-39.....	0.5	91.0	65.6	32.3	12.3	15.4	3.5	17.9	11.2	10.0	22.9
40-59.....	0.2	95.9	65.4	39.2	10.9	25.1	1.7	22.0	19.6	11.1	16.3
60 and over.....	0.2	99.2	67.0	49.1	24.5	9.5	5.3	17.4	21.1	12.1	20.6
20 and over.....	0.8	93.7	65.8	37.2	14.4	16.5	3.4	18.8	15.1	10.7	20.9
Females:											
6-11.....	0.5	98.0	65.9	66.2	47.5	9.1	4.8	26.8	36.7	12.0	40.2
12-19.....	0.5	96.0	61.4	38.7	22.8	12.3	2.3	33.3	25.4	15.4	41.9
20-39.....	1.2	92.6	61.7	37.5	15.9	15.9	4.8	17.6	16.0	14.8	28.4
40-59.....	0.4	89.9	68.6	36.1	12.0	13.6	3.4	16.5	15.2	15.7	15.1
60 and over.....	0.4	96.2	69.9	53.0	25.7	10.4	2.2	20.9	32.0	20.7	17.4
20 and over.....	2.0	92.7	64.7	40.2	17.0	14.3	4.0	18.0	19.0	16.1	23.6
All individuals.....	5.9	95.0	62.6	50.6	28.8	14.3	3.9	22.2	23.9	14.2	32.1
Not participating:											
Males and females:											
1-2.....	0.4	95.2	57.1	66.7	44.4	10.6	5.4	27.7	27.4	22.8	41.8
3-5.....	0.6	99.0	71.5	74.2	50.6	16.7	9.2	20.8	26.1	15.7	34.9
5 and under ‡ .....	1.1	92.1	60.0	68.0	43.8	12.9	6.8	21.8	24.4	17.5	34.6
Males:											
6-11.....	0.6	98.4	68.1	56.3	43.2	11.2	10.2	32.3	40.6	11.9	40.1
12-19.....	0.6	97.9	65.9	54.2	35.8	15.8	3.6	34.5	31.3	18.2	32.5
20-39.....	1.2	93.6	69.8	35.4	19.3	11.0	5.8	26.7	26.3	12.5	28.9
40-59.....	0.6	95.7	68.6	34.7	12.2	13.7	2.0	38.4	23.1	11.6	19.1
60 and over.....	0.8	98.0	75.3	49.1	20.9	7.4	2.8	26.6	23.9	14.6	14.2
20 and over.....	2.6	95.5	71.3	39.6	18.2	10.4	4.0	29.3	24.8	13.0	22.0
Females:											
6-11.....	0.6	100.0	72.9	60.5	39.2	13.9	7.5	33.6	41.4	21.4	36.3
12-19.....	0.6	95.3	67.6	48.6	24.2	17.3	5.0	31.6	21.7	20.5	30.6
20-39.....	1.4	95.4	63.6	37.3	17.6	14.5	4.8	24.8	24.2	15.1	30.8
40-59.....	0.9	95.0	66.7	38.7	16.7	13.5	3.8	24.0	23.4	16.2	21.3
60 and over.....	1.7	99.5	75.5	54.5	30.9	8.8	3.4	18.2	35.3	18.1	12.6
20 and over.....	3.9	97.1	69.5	45.2	23.2	11.8	3.9	21.7	28.9	16.6	20.7
All individuals.....	10.1	96.3	68.7	48.6	27.1	12.2	4.9	26.4	28.5	16.1	26.0

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 1.4A.--Grain products: Mean intakes per individual in a day, by poverty status, 1 day, 1989-91

Poverty status, sex, and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
<i>Percent ----- Grams -----</i>											
Under 100% poverty:											
Males and females:											
1-2.....	0.8	194	23	76	11	18	† 6	12	11	5	68
3-5.....	0.8	213	36	68	18	23	† 8	19	16	3	70
5 and under ‡ .....	1.9	185	26	66	13	18	6	14	13	3	63
Males:											
6-11.....	0.7	298	43	81	17	21	† 9	24	41	8	101
12-19.....	0.7	365	50	118	19	† 63	† 9	25	42	10	120
20-39.....	1.1	307	63	86	11	44	† 18	30	25	6	98
40-59.....	0.5	332	66	120	† 7	65	† 3	39	26	† 4	78
60 and over.....	0.5	253	50	100	9	† 24	† 7	31	17	3	52
20 and over.....	2.1	300	61	97	10	44	† 12	32	23	5	82
Females:											
6-11.....	0.8	286	45	86	19	16	† 10	33	33	4	85
12-19.....	0.9	281	46	74	12	26	† 9	28	25	9	99
20-39.....	1.9	249	42	75	8	41	10	19	18	7	89
40-59.....	0.8	202	42	68	6	33	† 7	17	17	4	53
60 and over.....	1.2	219	42	84	12	21	† 7	22	29	4	37
20 and over.....	3.9	230	42	77	9	33	9	19	21	5	65
All individuals.....	11.0	257	44	82	12	32	9	23	24	6	78
100% poverty and over:											
Males and females:											
1-2.....	2.3	181	25	65	14	† 11	† 5	11	16	4	60
3-5.....	3.5	242	39	76	20	14	13	12	25	5	85
5 and under ‡ .....	6.3	203	31	68	16	11	9	11	20	4	70
Males:											
6-11.....	3.9	304	47	84	26	† 22	12	14	37	9	112
12-19.....	4.1	357	70	74	26	† 21	17	33	49	9	123
20-39.....	12.7	343	63	79	13	32	21	18	44	9	131
40-59.....	8.7	316	64	90	12	30	25	22	44	11	86
60 and over.....	5.7	289	56	100	20	22	15	23	41	6	64
20 and over.....	27.2	323	62	87	14	29	21	20	43	9	102
Females:											
6-11.....	3.4	268	45	64	22	10	20	19	34	11	96
12-19.....	4.0	258	47	57	16	† 20	† 14	18	26	8	101
20-39.....	13.0	256	46	54	12	17	17	16	32	8	99
40-59.....	9.0	217	44	51	10	18	10	16	32	8	65
60 and over.....	6.8	224	47	82	13	17	12	16	32	5	42
20 and over.....	28.8	236	46	60	12	17	14	16	32	7	75
All individuals.....	77.7	276	52	72	15	21	16	18	36	8	91

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91



Table 1.4B.--Grain products: Percentages of individuals using, by poverty status, 1 day, 1989-91

Poverty status, sex, and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
	Percent										
<hr/>											
Under 100% poverty:											
Males and females:											
1-2.....	0.8	96.3	55.2	69.1	44.5	14.4	5.2	25.6	23.8	18.0	41.3
3-5.....	0.8	97.5	65.8	67.2	50.4	17.0	5.6	24.1	27.8	15.2	38.4
5 and under ‡ .....	1.9	93.1	54.5	67.1	41.7	13.8	4.7	22.2	23.7	14.8	36.2
Males:											
6-11.....	0.7	99.0	68.6	57.9	43.1	9.6	5.8	30.3	37.8	17.4	41.8
12-19.....	0.7	98.5	62.8	54.7	34.7	20.8	3.2	27.7	31.8	14.9	36.5
20-39.....	1.1	90.9	67.1	31.4	15.0	11.3	4.7	24.9	20.5	11.1	25.2
40-59.....	0.5	97.9	72.8	36.7	12.6	18.3	1.1	33.1	22.5	7.9	21.1
60 and over.....	0.5	97.7	70.6	48.8	21.6	10.3	2.3	27.1	22.6	11.8	15.7
20 and over.....	2.1	94.2	69.3	36.8	16.0	12.7	3.3	27.4	21.5	10.5	22.0
Females:											
6-11.....	0.8	98.7	71.1	63.1	42.3	10.1	4.8	32.8	37.3	12.0	38.7
12-19.....	0.9	96.2	64.8	43.8	24.0	14.4	4.1	33.3	24.2	17.2	34.3
20-39.....	1.9	94.0	60.8	38.4	16.3	16.5	4.7	21.9	19.2	14.2	28.9
40-59.....	0.8	94.5	67.7	39.8	15.5	14.7	3.4	22.8	20.9	14.0	20.1
60 and over.....	1.2	98.7	73.7	57.5	31.8	9.1	2.7	21.0	34.4	18.9	12.8
20 and over.....	3.9	95.6	66.3	44.6	21.0	13.8	3.8	21.8	24.3	15.6	22.0
All individuals.....	11.0	95.6	65.1	49.6	27.6	13.6	4.0	25.6	25.9	14.4	28.8
100% poverty and over:											
Males and females:											
1-2.....	2.3	99.9	61.5	75.7	50.4	10.2	5.3	21.2	43.1	22.8	43.2
3-5.....	3.5	99.4	72.0	73.5	53.6	10.8	10.0	20.7	43.0	21.5	42.3
5 and under ‡ .....	6.3	96.9	62.9	73.1	48.6	9.7	7.5	20.4	39.7	20.2	39.7
Males:											
6-11.....	3.9	99.7	68.6	64.2	52.0	11.9	6.5	18.4	40.1	22.6	47.4
12-19.....	4.1	97.3	73.5	45.6	35.7	7.9	6.3	22.4	40.2	22.0	36.3
20-39.....	12.7	94.2	70.1	34.3	18.3	10.1	7.2	16.7	35.1	16.2	35.3
40-59.....	8.7	96.5	71.8	38.6	19.2	11.0	8.3	20.6	39.9	21.7	24.9
60 and over.....	5.7	98.5	75.9	58.9	35.3	11.1	5.6	22.2	41.5	19.4	21.1
20 and over.....	27.2	95.9	71.9	40.8	22.2	10.6	7.2	19.1	38.0	18.6	28.9
Females:											
6-11.....	3.4	99.8	71.9	65.5	51.2	6.5	11.8	25.9	47.5	23.6	41.4
12-19.....	4.0	96.8	65.8	42.4	28.0	10.1	6.2	19.6	31.3	20.8	41.2
20-39.....	13.0	96.0	68.0	36.4	21.6	9.1	7.3	20.7	35.6	21.1	34.5
40-59.....	9.0	96.6	69.1	38.3	22.3	9.7	5.8	18.4	37.9	23.5	25.9
60 and over.....	6.8	97.5	76.7	52.7	30.5	10.1	5.9	20.1	42.8	22.9	18.3
20 and over.....	28.8	96.5	70.4	40.9	23.9	9.5	6.5	19.8	38.0	22.3	28.0
All individuals.....	77.7	96.7	70.2	46.1	28.7	9.8	7.1	19.9	38.4	20.8	32.0

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 1.5A.--Grain products: Mean intakes per individual in a day, by income level, 1 day, 1989-91

Income level, sex, and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
<i>Percent ----- Grams -----</i>											
Under 131% poverty:											
Males and females:											
1-2.....	1.0	195	24	75	11	16	† 7	12	11	4	68
3-5.....	1.2	220	37	75	18	22	† 9	17	15	4	72
5 and under ‡ .....	2.4	191	28	70	13	17	† 7	14	12	4	64
Males:											
6-11.....	1.1	302	43	79	18	20	† 12	25	38	6	113
12-19.....	1.0	348	54	105	19	† 53	† 11	36	37	10	105
20-39.....	1.6	314	64	91	11	40	† 24	27	26	6	100
40-59.....	0.8	294	60	100	7	52	† 4	44	23	6	60
60 and over.....	1.0	250	53	91	11	† 19	† 6	31	22	4	49
20 and over.....	3.4	291	60	93	10	37	† 15	32	24	6	76
Females:											
6-11.....	1.1	280	43	86	19	18	† 11	27	34	6	84
12-19.....	1.2	275	44	71	11	28	† 8	29	23	8	99
20-39.....	2.5	241	43	70	9	35	11	18	18	7	85
40-59.....	1.2	199	42	63	6	27	† 8	18	17	4	54
60 and over.....	2.1	214	44	77	12	18	7	19	30	4	40
20 and over.....	5.9	223	43	71	9	27	9	18	22	5	62
All individuals.....	16.0	253	45	79	12	28	10	24	24	6	76
131-350% poverty:											
Males and females:											
1-2.....	1.2	198	25	75	13	† 14	† 4	15	20	† 4	59
3-5.....	2.1	231	40	67	21	† 12	† 6	15	23	4	83
5 and under ‡ .....	3.6	203	31	66	16	12	† 5	14	20	4	68
Males:											
6-11.....	2.3	295	52	79	26	† 19	† 11	14	37	6	108
12-19.....	2.1	356	71	83	28	† 32	† 12	31	46	9	117
20-39.....	5.8	340	64	75	10	39	17	24	34	8	136
40-59.....	2.7	303	64	95	10	† 37	22	23	37	8	77
60 and over.....	2.7	308	56	102	19	27	† 15	27	46	6	72
20 and over.....	11.1	324	62	86	12	36	18	24	37	8	106
Females:											
6-11.....	2.1	278	48	67	23	† 8	† 20	22	33	9	94
12-19.....	2.1	248	48	53	19	† 21	† 7	24	21	8	114
20-39.....	6.0	268	46	53	12	22	13	16	30	9	59
40-59.....	3.0	219	43	57	9	20	10	22	31	6	46
60 and over.....	3.4	244	49	92	11	17	† 12	19	32	6	82
20 and over.....	12.5	250	46	65	11	20	12	19	31	7	94
All individuals.....	35.9	279	52	73	15	24	13	21	33	7	† 60

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 1.5A.--Grain products: Mean intakes per individual in a day, by income level, 1 day, 1989-91--continued

Income level, sex, and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcom, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
<i>Percent ----- Grams -----</i>											
Over 350% poverty:											
Males and females:											
1-2.....	0.8	† 154	† 23	† 50	† 15	† 7	† 5	† 6	† 12	† 4	† 60
3-5.....	1.1	264	36	87	20	† 14	† 26	8	34	7	92
5 and under ‡ .....	2.1	202	28	67	17	† 10	† 16	7	22	5	72
Males:											
6-11.....	1.2	318	40	† 97	28	† 30	† 13	† 13	40	17	110
12-19.....	1.7	367	69	63	23	† 6	† 24	† 30	56	8	140
20-39.....	6.4	347	62	80	17	26	23	12	54	10	128
40-59.....	5.8	327	64	89	13	27	27	20	48	12	93
60 and over.....	2.6	278	56	102	23	18	† 16	17	40	6	58
20 and over.....	14.8	327	62	87	16	25	23	16	49	10	103
Females:											
6-11.....	1.0	† 248	† 41	† 48	† 21	† 7	† 20	† 13	† 34	† 14	† 98
12-19.....	1.7	271	47	61	13	† 15	† 25	† 10	34	† 9	110
20-39.....	6.3	249	47	55	12	† 12	21	16	36	8	87
40-59.....	5.5	218	45	48	11	17	11	13	35	9	69
60 and over.....	2.5	201	46	72	16	17	13	12	32	5	35
20 and over.....	14.3	229	46	55	12	15	15	14	35	8	71
All individuals.....	36.8	278	52	71	16	19	20	15	41	9	91

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 1.5B.--Grain products: Percentages of individuals using, by income level, 1 day, 1989-91

Income level, sex, and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
<i>Percent ----- Percent -----</i>											
<b>Under 131% poverty:</b>											
<b>Males and females:</b>											
1-2.....	1.0	96.8	57.3	69.8	44.6	13.8	5.2	25.3	24.2	19.0	41.9
3-5.....	1.2	98.2	67.8	71.3	51.0	18.5	6.4	22.3	27.3	16.3	38.9
5 and under ‡ .....	2.4	93.6	57.2	69.0	43.0	14.6	5.2	21.4	23.9	15.9	36.9
<b>Males:</b>											
6-11.....	1.1	99.2	67.3	57.5	44.5	10.1	7.5	32.2	39.6	14.0	42.1
12-19.....	1.0	97.9	65.4	53.1	35.5	17.7	3.9	29.5	31.0	14.7	33.5
20-39.....	1.6	92.9	68.6	34.5	17.3	12.2	5.1	24.3	22.1	11.8	27.2
40-59.....	0.8	95.7	67.8	35.8	11.9	16.4	2.0	34.4	22.2	11.5	18.4
60 and over.....	1.0	98.2	74.0	49.1	21.5	7.7	3.2	25.1	23.5	14.2	15.2
20 and over.....	3.4	95.1	70.0	39.1	17.3	11.9	3.8	26.8	22.5	12.4	21.7
<b>Females:</b>											
6-11.....	1.1	99.1	69.7	63.1	43.0	11.7	6.3	30.4	39.2	17.1	38.1
12-19.....	1.2	95.6	64.9	44.2	23.6	15.1	3.8	32.4	23.4	18.3	35.6
20-39.....	2.5	94.1	62.7	37.4	16.8	15.1	4.8	21.4	20.4	14.9	29.7
40-59.....	1.2	93.4	67.3	37.9	15.2	13.5	3.7	21.7	20.8	16.1	19.3
60 and over.....	2.1	98.9	74.5	54.2	29.9	9.1	3.2	18.7	34.7	18.5	13.5
20 and over.....	5.9	95.7	67.9	43.5	21.2	12.6	4.0	20.5	25.6	16.5	21.7
All individuals.....	16.0	95.8	66.4	49.3	27.7	13.0	4.5	24.9	26.8	15.4	28.2
<b>131-350% poverty:</b>											
<b>Males and females:</b>											
1-2.....	1.2	100.0	63.1	73.9	43.3	13.3	4.2	23.9	44.9	20.5	45.3
3-5.....	2.1	99.0	74.8	71.8	56.3	10.3	4.0	21.8	41.5	18.5	39.9
5 and under ‡ .....	3.6	96.6	65.2	71.0	46.7	10.3	3.8	21.9	39.4	17.5	39.2
<b>Males:</b>											
6-11.....	2.3	99.5	72.1	65.5	50.2	11.1	5.8	16.0	37.7	18.8	41.6
12-19.....	2.1	97.6	71.5	49.4	40.4	10.4	5.0	22.4	39.4	19.1	36.5
20-39.....	5.8	94.2	70.0	31.4	13.6	11.7	6.3	19.0	29.3	14.5	36.8
40-59.....	2.7	93.8	71.7	42.1	19.1	12.0	7.3	23.2	38.2	15.2	22.4
60 and over.....	2.7	98.8	74.0	58.8	34.2	11.3	5.6	25.7	42.8	21.2	22.1
20 and over.....	11.1	95.2	71.4	40.6	19.9	11.7	6.4	21.6	34.7	16.3	29.8
<b>Females:</b>											
6-11.....	2.1	99.7	75.2	69.3	54.0	5.1	12.9	26.1	47.9	24.2	40.4
12-19.....	2.1	98.3	68.0	41.7	28.8	8.7	4.4	23.0	24.2	19.2	39.0
20-39.....	6.0	95.7	67.7	37.5	21.6	11.4	6.6	20.1	35.4	19.7	34.1
40-59.....	3.0	95.5	67.5	38.9	18.7	10.1	5.6	18.7	34.7	16.7	23.3
60 and over.....	3.4	97.3	77.8	50.5	26.8	9.1	5.6	23.2	43.4	23.7	17.7
20 and over.....	12.5	96.1	70.5	41.4	22.3	10.4	6.1	20.6	37.4	20.1	27.0
All individuals.....	35.9	96.5	70.5	47.9	29.2	10.4	6.2	21.3	36.8	18.7	32.1

‡ Includes infants under 1.

Continued



Table 1.5B.--Grain products: Percentages of individuals using, by income level, 1 day, 1989-91--continued

Income level, sex, and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
	Percent										
<b>Over 350% poverty:</b>											
<b>Males and females:</b>											
1-2.....	0.8	100.0	58.3	79.1	61.7	5.4	7.0	16.6	44.4	26.1	39.8
3-5.....	1.1	100.0	66.6	74.4	48.8	8.3	21.5	19.5	50.6	27.7	47.3
5 and under ‡ .....	2.1	97.8	58.1	76.0	52.1	6.5	14.1	18.3	44.2	25.0	40.6
<b>Males:</b>											
6-11.....	1.2	100.0	63.2	64.0	56.7	13.7	6.4	17.8	43.8	34.5	59.8
12-19.....	1.7	97.1	76.3	40.3	29.4	4.5	8.1	20.4	43.2	26.9	37.8
20-39.....	6.4	94.1	70.0	36.2	22.1	8.3	8.1	14.1	41.1	17.9	34.1
40-59.....	5.8	98.0	72.4	37.2	19.7	10.4	9.1	18.7	41.5	24.9	26.6
60 and over.....	2.6	98.2	77.5	60.7	39.1	12.1	5.8	18.4	43.4	18.0	21.1
20 and over.....	14.8	96.3	72.2	40.8	24.1	9.8	8.1	16.7	41.7	20.7	29.0
<b>Females:</b>											
6-11.....	1.0	100.0	66.5	58.0	47.5	6.4	9.9	25.7	47.7	20.3	45.2
12-19.....	1.7	95.4	63.1	42.8	27.9	10.9	8.9	14.1	41.8	22.7	44.0
20-39.....	6.3	96.4	68.3	35.6	22.1	6.6	8.2	21.3	37.0	22.9	35.1
40-59.....	5.5	97.7	70.1	38.3	24.7	9.3	6.0	18.1	40.9	27.4	27.9
60 and over.....	2.5	97.2	75.6	56.8	36.7	11.8	7.1	17.4	44.8	23.5	20.4
20 and over.....	14.3	97.0	70.3	40.3	25.6	8.6	7.2	19.4	39.8	24.8	29.8
All individuals.....	36.8	96.9	70.0	43.9	28.4	9.0	8.1	18.2	41.4	23.3	32.5

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 1.6A.--Grain products: Mean intakes per individual in a day, by region, 1 day, 1989-91

Region, sex, and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
<i>Percent ----- Grams -----</i>											
Northeast:											
Males and females:											
1-2.....	0.6	204	23	81	19	† 21	† 5	† 10	23	† 4	64
3-5.....	1.0	274	43	103	15	34	† 15	7	34	† 3	84
5 and under ‡ .....	1.8	226	31	88	15	26	† 10	† 7	26	3	70
Males:											
6-11.....	0.8	333	50	82	24	23	† 18	† 9	44	† 15	133
12-19.....	1.2	407	75	128	26	† 52	42	† 30	44	7	125
20-39.....	3.3	402	72	94	16	† 39	29	† 15	44	† 6	170
40-59.....	2.3	327	74	113	11	† 42	41	9	48	8	74
60 and over.....	1.3	301	61	118	21	† 8	† 31	9	56	† 5	53
20 and over.....	6.9	358	71	105	15	34	33	† 12	48	7	116
Females:											
6-11.....	1.0	278	55	82	24	25	† 20	† 13	39	† 13	76
12-19.....	1.0	288	50	69	16	† 24	† 23	† 21	27	5	116
20-39.....	3.7	291	48	78	12	31	† 27	† 11	29	6	119
40-59.....	2.3	255	53	73	10	33	22	† 15	32	5	76
60 and over.....	2.1	263	56	110	12	17	22	10	35	4	48
20 and over.....	8.0	274	51	85	12	28	24	† 12	32	5	88
All individuals.....	20.7	309	58	93	15	31	27	† 13	38	6	100
Midwest:											
Males and females:											
1-2.....	0.9	151	25	53	11	† 10	† 4	7	12	† 7	48
3-5.....	1.1	219	43	70	22	† 11	8	† 9	† 24	5	69
5 and under ‡ .....	2.3	171	31	58	16	† 9	† 6	8	16	5	54
Males:											
6-11.....	1.3	342	51	† 109	23	† 29	† 9	† 11	41	† 8	122
12-19.....	1.4	283	66	55	20	† 12	† 11	15	50	10	87
20-39.....	4.0	335	70	65	15	† 16	18	14	37	9	140
40-59.....	2.7	303	65	63	14	† 10	† 16	21	50	13	91
60 and over.....	1.4	258	71	78	20	† 9	† 19	† 14	47	5	43
20 and over.....	8.1	311	69	67	15	13	18	16	43	9	107
Females:											
6-11.....	1.1	269	49	50	24	† 8	† 9	16	35	† 8	111
12-19.....	1.2	259	41	45	16	† 7	† 10	21	37	† 8	108
20-39.....	4.4	241	49	46	12	12	† 11	11	35	11	89
40-59.....	2.8	198	43	42	9	12	† 8	11	32	10	59
60 and over.....	1.9	195	52	57	11	† 9	† 15	9	35	6	36
20 and over.....	9.1	218	48	47	11	11	11	11	34	10	69
All individuals.....	24.5	259	54	58	15	12	13	13	37	9	88

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 1.6A.--Grain products: Mean intakes per individual in a day, by region, 1 day, 1989-91--continued

Region, sex, and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
<i>Percent ----- Grams -----</i>											
South:											
Males and females:											
1-2.....	1.1	165	25	57	12	† 11	† 4	14	11	† 3	56
3-5.....	1.6	226	34	58	20	† 14	† 9	20	19	5	90
5 and under ‡ .....	3.0	189	28	55	15	11	7	17	15	4	70
Males:											
6-11.....	1.7	255	42	69	24	† 26	† 7	19	33	† 7	84
12-19.....	1.8	378	71	† 73	22	† 32	† 2	† 39	50	† 10	136
20-39.....	5.2	326	57	76	11	42	14	28	38	12	114
40-59.....	3.4	311	58	72	9	38	† 8	33	38	9	101
60 and over.....	2.7	264	48	85	15	32	† 1	34	33	6	58
20 and over.....	11.3	307	55	77	12	38	9	31	37	10	97
Females:											
6-11.....	1.5	259	40	67	16	12	† 18	31	35	9	78
12-19.....	2.3	257	45	68	14	† 23	† 13	18	23	7	96
20-39.....	5.4	237	44	52	12	23	10	23	28	7	83
40-59.....	4.0	198	41	48	9	16	† 6	17	28	6	58
60 and over.....	3.6	205	40	79	13	20	† 3	23	27	5	32
20 and over.....	13.0	216	42	58	11	20	7	21	28	6	61
All individuals.....	34.6	258	47	67	13	26	8	25	31	8	81
West:											
Males and females:											
1-2.....	0.7	227	20	84	10	† 11	† 5	† 14	14	3	91
3-5.....	1.1	229	37	70	23	† 9	† 16	17	21	† 7	77
5 and under ‡ .....	1.9	209	28	70	16	† 9	† 11	14	17	5	75
Males:											
6-11.....	1.1	277	45	61	26	† 5	† 15	21	31	† 6	112
12-19.....	1.0	334	43	77	36	† 8	† 25	41	30	8	136
20-39.....	3.3	362	51	96	12	40	27	22	43	9	141
40-59.....	2.0	296	61	115	15	29	36	26	27	† 7	59
60 and over.....	1.6	320	50	126	23	31	† 18	24	33	5	82
20 and over.....	6.9	333	54	108	16	35	28	24	36	8	103
Females:											
6-11.....	0.9	272	42	67	22	3	† 21	23	22	6	112
12-19.....	1.1	247	47	57	16	† 19	† 10	23	22	† 13	85
20-39.....	3.3	268	40	71	11	† 28	† 16	18	32	7	100
40-59.....	2.2	212	40	53	10	22	† 11	21	30	8	60
60 and over.....	1.9	223	44	76	14	† 16	† 7	19	32	4	47
20 and over.....	7.4	240	41	67	12	23	12	19	32	7	74
All individuals.....	20.3	277	45	81	16	23	18	22	31	7	92

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 1.6B.--Grain products: Percentages of individuals using, by region, 1 day, 1989-91

Region, sex, and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcom, pretzels, com chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
<i>Percent ----- Percent -----</i>											
Northeast:											
Males and females:											
1-2.....	0.6	99.9	47.2	79.2	59.2	17.3	5.2	11.4	43.4	17.3	37.5
3-5.....	1.0	100.0	67.7	80.7	50.7	25.9	13.5	11.6	49.1	10.2	43.8
5 and under ‡ .....	1.8	97.6	53.5	79.9	48.4	20.1	9.1	10.2	41.7	11.5	38.8
Males:											
6-11.....	0.8	100.0	67.5	63.6	50.3	13.8	8.9	12.8	48.6	30.7	40.4
12-19.....	1.2	98.0	73.3	53.7	36.6	18.2	13.8	20.5	43.5	16.4	36.1
20-39.....	3.3	96.4	70.1	37.4	20.6	13.6	8.3	8.8	31.2	9.5	42.3
40-59.....	2.3	95.2	80.9	42.0	18.8	11.9	13.8	10.4	39.9	21.3	22.9
60 and over.....	1.3	99.4	77.2	59.0	34.9	3.0	8.7	10.1	47.6	15.3	18.0
20 and over.....	6.9	96.6	75.1	43.0	22.7	11.0	10.2	9.6	37.2	14.6	31.2
Females:											
6-11.....	1.0	100.0	76.9	72.9	57.2	18.2	11.3	11.7	50.3	20.1	35.6
12-19.....	1.0	98.4	68.5	46.7	28.8	11.8	10.4	22.1	32.1	15.7	39.7
20-39.....	3.7	94.9	67.4	38.1	19.4	13.2	10.3	10.0	33.5	19.1	34.9
40-59.....	2.3	97.4	72.4	44.2	21.4	14.2	11.0	10.8	36.7	19.2	29.5
60 and over.....	2.1	98.3	81.4	53.3	27.4	8.9	9.5	12.1	42.2	16.9	19.0
20 and over.....	8.0	96.5	72.4	43.8	22.0	12.4	10.3	10.8	36.7	18.6	29.2
All individuals.....	20.7	97.1	71.6	49.5	28.4	13.2	10.4	11.5	38.5	16.9	32.3
Midwest:											
Males and females:											
1-2.....	0.9	99.3	63.4	72.8	47.4	10.2	4.7	19.4	34.2	31.7	40.7
3-5.....	1.1	99.6	72.2	72.4	54.3	7.2	9.3	15.2	43.4	21.4	40.3
5 and under ‡ .....	2.3	96.0	61.0	72.0	47.0	7.5	6.5	16.6	35.2	23.3	36.9
Males:											
6-11.....	1.3	99.5	67.8	67.3	49.6	11.1	5.7	14.0	39.7	22.0	57.7
12-19.....	1.4	98.6	73.9	44.5	31.5	6.2	5.0	14.5	41.9	21.5	33.1
20-39.....	4.0	92.9	73.2	33.2	21.3	5.4	7.2	12.3	33.8	17.7	38.2
40-59.....	2.7	98.0	72.9	35.3	21.2	4.6	4.9	15.9	44.5	22.6	26.8
60 and over.....	1.4	99.7	88.7	58.5	41.1	6.9	6.1	13.3	44.4	16.7	16.7
20 and over.....	8.1	95.8	75.8	38.4	24.7	5.4	6.2	13.7	39.3	19.1	30.6
Females:											
6-11.....	1.1	99.1	71.5	63.3	53.6	6.4	5.4	20.7	46.3	21.0	41.5
12-19.....	1.2	96.9	57.0	41.9	32.6	6.8	4.9	22.4	34.3	18.5	39.1
20-39.....	4.4	96.2	71.0	34.3	22.5	6.7	5.6	17.0	35.5	22.1	36.0
40-59.....	2.8	96.8	77.0	36.3	20.7	6.7	5.5	12.8	37.1	27.1	22.4
60 and over.....	1.9	98.2	83.5	47.6	28.6	5.3	7.3	14.4	40.4	23.0	16.7
20 and over.....	9.1	96.8	75.4	37.6	23.2	6.4	5.9	15.2	37.0	23.9	27.8
All individuals.....	24.5	96.8	72.6	44.5	29.7	6.4	5.9	15.3	38.3	21.6	32.7

‡ Includes infants under 1.

Continued

Table 1.6B.--Grain products: Percentages of individuals using, by region, 1 day, 1989-91--continued

Region, sex, and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
Percent ----- Percent -----											
South:											
Males and females:											
1-2.....	1.1	97.8	57.5	71.4	48.9	10.5	5.3	28.8	36.6	17.2	38.6
3-5.....	1.6	99.3	72.3	69.9	52.8	12.4	5.2	30.6	36.8	24.7	38.5
5 and under ‡ .....	3.0	96.5	62.2	68.8	46.4	10.6	5.4	28.9	34.7	19.6	35.4
Males:											
6-11.....	1.7	99.3	67.9	62.8	52.5	16.7	4.2	25.4	35.6	18.4	38.1
12-19.....	1.8	97.8	76.4	40.4	31.9	11.3	1.3	26.2	33.3	20.8	37.6
20-39.....	5.2	92.2	67.4	31.0	15.6	13.1	5.8	25.5	29.8	19.1	28.7
40-59.....	3.4	97.4	65.5	33.1	15.2	12.4	3.6	32.0	35.8	18.2	26.5
60 and over.....	2.7	97.4	69.8	51.0	28.6	13.2	1.0	33.2	34.7	19.4	18.4
20 and over.....	11.3	95.0	67.4	36.4	18.5	12.9	4.0	29.3	32.8	18.9	25.6
Females:											
6-11.....	1.5	100.0	66.6	59.2	38.3	7.3	9.3	40.6	48.5	25.1	38.1
12-19.....	2.3	96.5	64.4	45.5	26.0	12.1	4.9	19.4	29.0	19.6	37.9
20-39.....	5.4	95.4	66.7	36.6	21.0	11.6	5.5	28.4	32.4	20.0	28.2
40-59.....	4.0	94.6	63.1	33.7	19.5	9.4	2.9	22.9	35.3	20.4	24.9
60 and over.....	3.6	97.6	71.7	56.4	32.9	11.5	2.0	28.1	38.5	21.5	14.2
20 and over.....	13.0	95.8	67.0	41.2	23.8	10.9	3.7	26.6	35.0	20.5	23.4
All individuals.....	34.6	96.1	67.0	44.1	26.6	11.8	4.2	27.7	34.4	19.9	28.2
West:											
Males and females:											
1-2.....	0.7	100.0	61.9	71.1	41.2	7.0	4.9	25.5	34.1	17.9	56.6
3-5.....	1.1	97.6	72.4	71.4	56.9	7.2	9.2	22.8	36.9	21.6	41.8
5 and under ‡ .....	1.9	94.8	62.3	70.1	46.6	6.5	6.9	21.5	32.4	18.4	43.1
Males:											
6-11.....	1.1	99.8	70.8	59.2	51.0	2.6	7.0	23.2	35.3	19.4	47.8
12-19.....	1.0	93.6	53.7	55.2	45.7	4.6	8.3	27.4	37.2	23.0	40.1
20-39.....	3.3	95.7	64.0	40.4	17.7	13.2	8.7	20.5	37.9	13.4	36.0
40-59.....	2.0	94.8	70.4	44.2	21.3	16.3	11.5	22.9	28.5	15.8	19.9
60 and over.....	1.6	98.7	76.0	65.7	34.2	16.8	8.5	22.8	38.4	22.5	25.2
20 and over.....	6.9	96.1	68.6	47.4	22.5	14.9	9.5	21.7	35.3	16.2	28.8
Females:											
6-11.....	0.9	98.9	78.4	64.4	47.0	3.1	14.3	30.2	32.8	18.7	45.9
12-19.....	1.1	95.7	69.9	40.3	24.9	8.1	6.4	25.6	27.0	27.2	39.5
20-39.....	3.3	96.3	59.9	40.1	21.3	11.0	7.4	23.9	28.2	17.9	35.8
40-59.....	2.2	95.8	62.4	38.8	21.7	11.2	5.7	26.1	34.3	24.6	21.9
60 and over.....	1.9	96.9	73.7	54.9	31.1	9.3	5.1	19.4	44.1	24.4	20.8
20 and over.....	7.4	96.3	64.1	43.5	23.9	10.6	6.3	23.4	34.1	21.5	27.8
All individuals.....	20.3	96.2	66.3	49.6	29.3	10.4	7.9	23.3	34.1	19.6	32.8

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91



Table 2.1A.—Vegetables: Mean intakes per individual in a day, by sex and age, 1 day, 1989-91

Sex and age (years)	Percentage of population	Total	White potatoes	Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Com, green peas, lima beans	Other vegetables
	Percent	Grams								
<b>Males and females:</b>										
Under 1.....	0.9	43	† 5	† 1	20	† 1	0	† 3	† 3	† 10
1-2.....	3.2	74	25	5	4	5	1	† 7	10	17
3-5.....	4.8	89	37	5	3	8	3	5	16	13
5 and under.....	9.0	79	29	5	5	6	2	5	12	14
<b>Males:</b>										
Under 1.....	0.5	45	† 8	† 1	25	0	0	† 2	† 1	† 8
1-2.....	1.5	79	28	† 4	5	6	† 1	† 6	† 8	20
3-5.....	2.5	91	37	† 5	† 4	10	3	5	16	12
6-11.....	4.9	130	57	5	4	12	6	7	14	22
12-19.....	5.3	173	78	9	4	22	13	† 6	20	22
20-29.....	7.3	199	83	11	8	25	12	6	17	37
30-39.....	8.5	210	75	11	7	32	18	8	18	42
40-49.....	6.2	227	71	9	8	34	23	10	21	52
50-59.....	4.2	234	73	18	11	32	22	10	14	54
60-69.....	3.9	259	74	21	18	34	17	10	19	65
70-79.....	2.4	239	63	21	15	35	18	10	18	57
80 and over.....	0.7	233	66	† 24	8	18	8	† 8	† 15	78
20 and over.....	33.2	222	74	13	10	31	18	8	18	49
<b>Females:</b>										
Under 1.....	0.5	40	3	*	† 15	† 2	0	† 4	† 4	† 13
1-2.....	1.7	70	22	† 6	† 3	† 4	1	† 7	11	14
3-5.....	2.3	86	36	† 5	† 2	7	2	5	16	13
6-11.....	4.6	128	55	4	† 7	14	8	7	16	18
12-19.....	5.6	129	56	5	† 5	17	9	5	12	20
20-29.....	7.7	160	48	9	6	23	16	4	16	38
30-39.....	9.1	174	52	9	6	26	21	8	13	38
40-49.....	6.7	182	54	9	7	20	20	8	14	50
50-59.....	4.5	192	50	13	10	25	22	8	14	51
60-69.....	4.6	225	47	21	16	26	18	9	15	69
70-79.....	3.0	223	55	23	13	31	13	12	10	64
80 and over.....	1.8	217	45	13	18	32	10	6	9	79
20 and over.....	37.4	187	51	12	9	25	18	8	14	50
<b>All individuals.....</b>	<b>100.0</b>	<b>179</b>	<b>59</b>	<b>11</b>	<b>8</b>	<b>24</b>	<b>15</b>	<b>7</b>	<b>15</b>	<b>40</b>

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 2.1B.--Vegetables: Percentages of individuals using, by sex and age, 1 day, 1989-91

Sex and age (years)	Percentage of population	Total	White potatoes	Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
	Percent									
----- Percent -----										
<b>Males and females:</b>										
Under 1.....	0.9	49.7	13.0	1.5	27.6	1.2	0.0	3.2	3.9	10.8
1-2.....	3.2	74.3	41.4	9.6	8.0	16.4	5.0	11.4	16.2	22.6
3-5.....	4.8	71.2	41.8	5.6	6.6	23.1	9.8	9.7	17.9	22.1
5 and under.....	9.0	70.0	38.6	6.6	9.3	18.4	7.1	9.6	15.8	21.1
<b>Males:</b>										
Under 1.....	0.5	50.9	10.6	1.4	36.5	0.0	0.0	2.5	1.1	8.1
1-2.....	1.5	75.5	43.7	7.3	8.5	17.9	3.6	9.9	13.4	22.6
3-5.....	2.5	69.0	42.0	5.4	8.3	21.3	9.8	10.4	18.0	22.1
6-11.....	4.9	79.7	45.9	4.9	8.0	27.9	19.6	10.0	16.3	30.6
12-19.....	5.3	81.0	50.5	6.3	7.6	31.6	22.9	5.7	13.7	28.7
20-29.....	7.3	79.2	44.1	7.7	8.1	32.4	20.2	4.3	11.7	34.8
30-39.....	8.5	79.2	41.6	10.9	8.1	33.5	29.2	7.2	11.2	38.1
40-49.....	6.2	87.0	46.0	6.6	10.8	34.1	30.1	9.3	14.6	46.5
50-59.....	4.2	84.6	39.1	12.2	10.1	32.9	32.0	9.3	11.5	44.0
60-69.....	3.9	85.5	41.4	17.6	14.2	29.9	27.4	9.1	16.4	42.0
70-79.....	2.4	87.7	39.9	12.7	14.7	31.9	27.7	10.7	17.0	44.1
80 and over.....	0.7	89.5	47.5	15.6	11.0	25.5	18.7	6.3	9.6	49.4
20 and over.....	33.2	82.9	42.6	10.6	10.1	32.6	27.2	7.7	13.0	40.8
<b>Females:</b>										
Under 1.....	0.5	48.4	15.6	1.5	18.3	2.4	0.0	4.0	6.8	13.7
1-2.....	1.7	73.2	39.2	11.6	7.5	15.0	6.2	12.8	18.7	22.6
3-5.....	2.3	73.5	41.6	5.8	4.9	25.0	9.9	9.0	17.9	22.1
6-11.....	4.6	80.9	50.9	6.9	9.8	27.0	22.9	8.4	17.0	26.7
12-19.....	5.6	72.0	45.3	6.1	7.2	28.9	19.8	6.8	11.6	28.4
20-29.....	7.7	78.3	39.0	8.9	8.8	30.2	26.8	4.6	13.7	35.6
30-39.....	9.1	82.3	41.4	10.2	8.3	33.8	30.5	8.5	11.8	38.6
40-49.....	6.7	81.1	39.0	8.9	8.7	28.2	30.0	7.3	13.9	43.0
50-59.....	4.5	84.2	39.1	12.9	13.9	30.0	32.2	8.9	13.9	48.6
60-69.....	4.6	88.2	37.7	16.2	15.9	31.2	31.1	9.3	14.6	47.6
70-79.....	3.0	85.0	38.7	17.5	15.2	29.1	21.1	13.1	11.1	46.4
80 and over.....	1.8	88.2	33.4	11.4	17.8	25.7	20.9	8.5	12.2	51.8
20 and over.....	37.4	82.7	39.1	11.4	11.1	30.5	28.7	8.0	13.1	42.4
<b>All individuals.....</b>	<b>100.0</b>	<b>80.7</b>	<b>42.1</b>	<b>9.6</b>	<b>10.0</b>	<b>29.8</b>	<b>24.7</b>	<b>8.0</b>	<b>13.6</b>	<b>37.1</b>

NOTES: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 2.2A.--Vegetables: Mean intakes per individual in a day, by race, 1 day, 1989-91

Race, sex, and age (years)	Percentage of population	Total	White potatoes	Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
Percent		Grams								
White:										
Males and females:										
1-2.....	2.3	72	24	4	5	5	† 1	† 8	8	14
3-5.....	3.8	92	38	† 5	3	10	3	5	16	13
5 and under ‡ .....	6.8	81	30	4	5	7	2	6	12	13
Males:										
6-11.....	3.9	122	51	† 4	5	13	6	6	13	23
12-19.....	4.5	172	78	7	5	23	14	† 6	18	21
20-39.....	13.2	208	81	9	7	30	16	6	18	40
40-59.....	9.3	235	74	12	10	35	24	10	17	53
60 and over.....	6.0	252	70	18	17	34	17	10	18	64
20 and over.....	28.5	226	76	12	10	33	19	8	18	49
Females:										
6-11.....	3.5	125	52	3	5	16	7	5	18	19
12-19.....	4.1	126	53	5	† 5	21	11	5	9	17
20-39.....	13.7	172	50	8	6	28	20	6	14	39
40-59.....	9.3	188	55	10	8	23	21	9	14	46
60 and over.....	8.3	224	52	17	17	31	16	10	12	66
20 and over.....	31.3	191	52	11	10	27	19	8	14	48
All individuals.....	82.7	183	60	9	8	26	16	7	15	40
Black:										
Males and females:										
1-2.....	0.6	101	34	† 8	† 1	† 6	*	† 3	† 18	† 30
3-5.....	0.6	69	† 30	† 7	† 2	† 3	† 3	† 3	† 13	† 7
5 and under ‡ .....	1.4	77	28	† 7	† 3	† 4	† 1	3	14	† 16
Males:										
6-11.....	0.6	179	† 104	† 13	† 1	† 9	† 4	† 14	† 23	13
12-19.....	0.6	190	† 87	† 24	† 3	† 11	† 5	† 6	† 38	† 16
20-39.....	1.7	193	72	† 26	† 13	† 17	8	† 10	† 16	† 31
40-59.....	0.8	179	64	† 10	† 8	† 17	† 5	† 10	30	35
60 and over.....	0.8	243	† 66	† 42	† 4	† 20	† 13	† 13	† 26	52
20 and over.....	3.2	202	69	26	† 10	† 18	8	11	22	37
Females:										
6-11.....	0.8	151	† 71	† 8	† 18	† 8	† 10	† 15	† 8	† 13
12-19.....	1.2	129	57	7	† 6	† 8	† 2	† 5	18	† 26
20-39.....	2.1	136	43	† 12	† 3	11	10	7	15	† 34
40-59.....	1.4	158	40	† 15	† 6	† 12	18	5	13	49
60 and over.....	0.9	198	24	45	† 4	† 14	† 3	† 9	13	85
20 and over.....	4.4	156	38	20	4	12	11	7	14	49
All individuals.....	12.3	159	55	18	† 6	12	8	8	18	34

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."



Table 2.2B.--Vegetables: Percentage of individuals using, by race, 1 day, 1989-91

Race, sex, and age (years)	Percentage of population	Total	White potatoes	Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
Percent		Percent								
White:										
Males and females:										
1-2.....	2.3	74.8	39.8	8.8	9.5	16.1	6.1	13.1	15.2	20.7
3-5.....	3.8	72.1	43.9	5.9	6.1	24.4	10.3	9.9	18.6	21.6
5 and under ‡ .....	6.8	71.1	39.9	6.4	9.3	19.3	7.8	10.4	16.1	20.4
Males:										
6-11.....	3.9	79.8	44.9	3.2	8.5	26.9	21.8	8.0	15.5	30.9
12-19.....	4.5	82.1	53.6	5.9	8.5	33.8	25.4	5.5	13.5	29.8
20-39.....	13.2	79.9	44.2	8.4	7.8	34.7	27.4	5.6	11.8	38.8
40-59.....	9.3	87.5	44.2	9.2	11.1	34.4	32.8	9.7	12.9	46.0
60 and over.....	6.0	88.1	44.1	13.8	15.2	31.2	28.2	9.2	16.4	45.3
20 and over.....	28.5	84.1	44.2	9.8	10.4	33.8	29.3	7.7	13.2	42.5
Females:										
6-11.....	3.5	80.4	50.1	6.5	9.4	28.4	23.1	7.0	19.5	24.4
12-19.....	4.1	72.1	44.5	5.8	8.0	30.4	24.1	6.4	8.9	26.6
20-39.....	13.7	82.3	41.0	9.9	9.1	34.2	31.0	6.8	12.9	39.5
40-59.....	9.3	84.7	40.8	10.8	11.9	31.2	31.8	8.7	14.9	46.7
60 and over.....	8.3	87.5	39.0	14.2	16.8	30.7	27.6	10.2	13.1	48.1
20 and over.....	31.3	84.4	40.4	11.3	12.0	32.4	30.4	8.3	13.5	43.9
All individuals.....	82.7	82.1	43.2	9.2	10.5	31.4	26.8	7.9	13.7	38.4
Black:										
Males and females:										
1-2.....	0.6	86.9	56.2	13.7	2.4	19.1	1.2	9.2	24.2	34.0
3-5.....	0.6	67.5	34.9	7.5	1.8	15.7	6.8	6.0	14.5	20.4
5 and under ‡ .....	1.4	71.8	39.8	9.8	5.4	15.1	3.5	6.9	17.0	23.9
Males:										
6-11.....	0.6	83.5	53.0	10.9	4.0	31.5	10.5	19.0	18.6	30.5
12-19.....	0.6	79.0	40.1	10.5	1.8	16.5	8.9	8.1	17.9	18.8
20-39.....	1.7	76.6	41.2	16.2	9.4	23.4	10.1	5.9	9.5	26.8
40-59.....	0.8	76.1	38.9	3.8	4.9	24.8	8.7	8.0	20.5	42.5
60 and over.....	0.8	73.9	26.6	26.6	4.9	21.3	16.8	12.0	16.2	28.1
20 and over.....	3.2	75.8	37.0	15.9	7.2	23.2	11.5	7.9	13.8	30.9
Females:										
6-11.....	0.8	82.5	56.8	9.3	12.4	15.5	18.5	15.5	6.0	29.2
12-19.....	1.2	68.7	47.2	8.2	5.0	24.1	5.5	6.2	18.0	33.2
20-39.....	2.1	72.1	34.8	7.7	5.9	23.6	17.2	7.1	11.5	25.5
40-59.....	1.4	68.9	35.1	10.3	5.5	12.6	24.0	4.9	10.7	35.9
60 and over.....	0.9	85.0	22.4	25.5	4.5	16.6	8.5	9.6	11.5	47.0
20 and over.....	4.4	73.7	32.4	12.1	5.5	18.7	17.6	6.9	11.3	33.2
All individuals.....	12.3	74.9	39.0	12.1	6.1	20.3	12.4	8.3	13.6	30.4

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 2.3A.--Vegetables: Mean intakes per individual in a day, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1989-91

FSP participation, sex, and age (years)	Percentage of population	Total	White potatoes	Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce-based salads	Green beans	Corn, green peas, lima beans	Other vegetables
	Percent	----- Grams -----								
Participating:										
Males and females:										
1-2.....	0.5	77	31	† 5	† 5	† 8	† 1	4	11	12
3-5.....	0.6	83	35	† 5	† 3	† 7	† 2	5	11	15
5 and under ‡ .....	1.3	76	31	5	† 4	6	† 1	4	10	13
Males:										
6-11.....	0.5	159	75	† 9	† 5	14	† 4	† 17	12	23
12-19.....	0.3	175	62	† 10	† 5	† 24	† 6	† 5	29	33
20-39.....	0.5	196	86	† 10	† 4	18	† 4	† 6	25	43
40-59.....	0.2	† 197	† 97	† 9	† 14	† 5	† 5	† 19	† 15	† 33
60 and over.....	0.2	† 219	† 86	† 4	† 2	† 24	† 5	† 16	† 23	† 59
20 and over.....	0.8	201	88	† 9	† 6	16	† 5	† 11	22	44
Females:										
6-11.....	0.5	125	54	† 7	† 4	11	† 7	7	14	21
12-19.....	0.5	127	72	8	† 1	10	† 4	† 4	† 13	16
20-39.....	1.2	144	58	10	† 3	13	9	9	14	30
40-59.....	0.4	155	60	12	† 6	10	† 6	† 5	† 12	44
60 and over.....	0.4	186	39	† 13	† 5	19	† 8	† 11	19	72
20 and over.....	2.0	155	54	11	4	14	8	8	15	41
All individuals.....	5.9	140	57	9	4	12	5	8	15	29
Not participating:										
Males and females:										
1-2.....	0.4	78	30	† 1	† 4	† 7	† 1	† 6	11	19
3-5.....	0.6	78	26	† 2	† 8	† 8	† 3	† 3	15	† 14
5 and under ‡ .....	1.1	73	25	† 1	† 7	7	2	4	12	15
Males:										
6-11.....	0.6	118	48	† 8	† 1	19	4	† 7	11	† 19
12-19.....	0.6	147	66	† 8	† 3	18	6	8	6	† 28
20-39.....	1.2	200	82	8	6	30	13	8	12	40
40-59.....	0.6	181	58	† 15	† 6	25	9	4	18	45
60 and over.....	0.8	241	85	20	10	27	6	15	22	53
20 and over.....	2.6	209	78	14	7	28	10	10	17	45
Females:										
6-11.....	0.6	118	45	† 4	† 7	15	4	† 6	19	17
12-19.....	0.6	134	61	† 6	† 2	13	9	† 7	† 10	25
20-39.....	1.4	168	57	9	8	21	9	8	16	38
40-59.....	0.9	144	47	10	8	12	12	7	8	41
60 and over.....	1.7	199	49	16	12	29	8	13	14	57
20 and over.....	3.9	176	51	12	10	23	9	10	13	47
All individuals.....	10.1	162	56	10	7	21	8	9	14	37

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 2.3B.--Vegetables: Percentage of individuals using, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1989-91

FSP participation, sex, and age (years)	Percentage of population	Total	White potatoes	Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce-based salads	Green beans	Corn, green peas, lima beans	Other vegetables
	<i>Percent</i>									
<i>----- Percent -----</i>										
Participating:										
Males and females:										
1-2.....	0.5	72.5	40.3	8.5	4.7	23.2	2.9	14.1	17.8	16.9
3-5.....	0.6	66.8	40.4	5.4	3.7	14.8	6.0	9.7	14.8	18.7
5 and under ‡ .....	1.3	65.1	36.5	6.5	4.5	16.2	3.9	10.6	14.8	16.6
Males:										
6-11.....	0.5	78.6	55.8	8.1	9.3	30.1	7.9	20.7	13.2	29.1
12-19.....	0.3	78.7	42.1	6.5	7.4	39.1	12.9	5.4	20.2	29.0
20-39.....	0.5	80.8	43.9	7.1	4.6	24.0	7.0	7.1	18.7	35.4
40-59.....	0.2	68.8	46.2	7.2	5.2	8.3	8.1	10.9	5.7	29.6
60 and over.....	0.2	70.7	40.4	2.1	1.6	16.4	10.6	12.4	16.4	26.1
20 and over.....	0.8	76.0	43.7	6.1	4.2	18.8	7.9	9.1	15.2	32.3
Females:										
6-11.....	0.5	74.0	49.6	8.4	5.4	24.2	14.7	11.0	14.8	26.7
12-19.....	0.5	64.2	46.8	7.4	2.5	22.6	6.6	3.8	10.7	22.6
20-39.....	1.2	73.7	40.2	7.2	2.2	24.0	14.1	9.1	12.5	27.9
40-59.....	0.4	72.7	36.7	7.2	5.6	15.7	9.7	4.7	12.3	34.8
60 and over.....	0.4	79.2	34.3	9.9	5.4	19.2	14.3	8.5	17.0	40.0
20 and over.....	2.0	74.6	38.3	7.7	3.5	21.4	13.2	8.1	13.3	31.7
All individuals.....	5.9	72.3	42.1	7.2	4.6	22.0	9.5	9.6	14.2	26.9
Not participating:										
Males and females:										
1-2.....	0.4	68.7	39.8	3.1	6.6	23.2	5.4	9.1	18.5	22.4
3-5.....	0.6	71.6	35.6	6.0	9.0	20.5	12.0	5.5	21.8	21.3
5 and under ‡ .....	1.1	64.9	34.1	4.4	8.0	19.6	8.3	6.5	18.5	20.4
Males:										
6-11.....	0.6	77.6	46.6	9.6	2.3	32.9	10.1	8.7	15.7	26.9
12-19.....	0.6	81.2	49.3	5.0	2.8	28.3	14.4	9.2	8.5	28.7
20-39.....	1.2	77.7	45.3	6.8	8.9	34.6	20.6	6.6	10.1	31.1
40-59.....	0.6	75.7	37.5	7.3	7.7	27.4	18.3	4.1	11.8	35.9
60 and over.....	0.8	76.9	43.1	11.6	6.6	21.7	10.2	11.5	14.3	26.9
20 and over.....	2.6	77.0	42.8	8.4	7.9	28.8	16.8	7.6	11.9	30.8
Females:										
6-11.....	0.6	78.1	44.3	5.0	7.8	33.9	17.1	6.5	23.0	27.0
12-19.....	0.6	83.3	48.7	5.3	4.6	32.5	20.3	6.6	10.3	34.3
20-39.....	1.4	82.0	44.8	8.4	10.3	29.8	18.8	7.9	15.5	35.5
40-59.....	0.9	69.7	38.2	9.1	6.7	20.8	21.3	7.7	7.8	33.4
60 and over.....	1.7	80.5	36.5	8.7	12.3	25.2	15.7	14.1	11.1	36.3
20 and over.....	3.9	78.7	39.7	8.7	10.4	25.8	18.0	10.6	11.9	35.4
All individuals.....	10.1	77.1	41.7	7.5	8.0	27.4	16.0	8.7	13.2	31.1

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 2.4A.--Vegetables: Mean intakes per individual in a day, by poverty status, 1 day, 1989-91

Poverty status, sex, and age (years)	Percentage of population	Total	White potatoes	Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
	Percent	Grams								
Under 100% poverty:										
Males and females:										
1-2.....	0.8	78	29	† 4	† 4	† 8	† 1	5	11	15
3-5.....	0.8	79	32	† 4	† 4	8	2	4	11	14
5 and under ‡ .....	1.9	74	29	4	5	7	1	4	10	14
Males:										
6-11.....	0.7	146	69	† 7	† 4	17	5	11	10	24
12-19.....	0.7	161	66	† 8	† 6	18	4	7	17	32
20-39.....	1.1	207	91	10	5	27	9	9	16	39
40-59.....	0.5	187	69	† 16	† 10	16	9	† 11	18	38
60 and over.....	0.5	244	93	17	† 13	20	9	14	† 24	53
20 and over.....	2.1	211	86	13	8	23	9	10	18	42
Females:										
6-11.....	0.8	117	51	† 5	† 5	10	† 6	7	14	19
12-19.....	0.9	140	67	9	† 2	13	7	6	13	22
20-39.....	1.9	153	58	9	4	16	8	8	15	35
40-59.....	0.8	147	49	11	9	11	8	6	10	43
60 and over.....	1.2	186	40	14	12	19	7	13	15	64
20 and over.....	3.9	162	51	11	8	16	8	9	14	46
All individuals.....	11.0	150	57	9	6	15	6	8	14	34
100% poverty and over:										
Males and females:										
1-2.....	2.3	76	24	† 6	5	4	† 1	† 7	10	18
3-5.....	3.5	94	40	† 5	3	9	3	5	18	11
5 and under ‡ .....	6.3	83	31	5	5	6	2	5	14	13
Males:										
6-11.....	3.9	129	56	† 5	4	12	6	7	16	22
12-19.....	4.1	184	84	9	† 5	24	15	† 6	22	20
20-39.....	12.7	207	77	10	8	30	16	7	19	40
40-59.....	8.7	230	72	11	10	35	23	10	18	50
60 and over.....	5.7	248	65	22	15	34	17	10	17	65
20 and over.....	27.2	223	73	13	10	33	18	9	18	49
Females:										
6-11.....	3.4	130	57	† 3	† 8	15	9	† 6	16	16
12-19.....	4.0	128	54	† 4	† 4	20	10	6	11	19
20-39.....	13.0	172	50	8	6	28	20	6	14	39
40-59.....	9.0	182	52	10	8	22	21	8	13	47
60 and over.....	6.8	230	49	21	16	31	16	8	12	73
20 and over.....	28.8	189	51	12	9	27	20	7	13	49
All individuals.....	77.7	183	59	10	8	25	16	7	16	40

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 2.4B.--Vegetables: Percentages of individuals using, by poverty status, 1 day, 1989-91

Poverty status, sex, and age (years)	Percentage of population	Total	White potatoes	Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
	<i>Percent</i>									
<hr/>										
Under 100% poverty:										
Males and females:										
1-2.....	0.8	71.5	38.3	6.3	4.8	23.7	4.1	13.2	17.3	18.1
3-5.....	0.8	68.2	40.1	5.1	4.7	16.1	7.5	9.3	16.9	18.4
5 and under ‡ .....	1.9	64.6	35.4	5.3	5.1	17.1	5.1	10.0	15.3	17.0
Males:										
6-11.....	0.7	78.5	52.6	6.0	4.8	28.6	11.0	14.6	14.0	26.9
12-19.....	0.7	79.5	45.9	4.3	5.7	30.1	9.2	8.4	14.2	27.2
20-39.....	1.1	78.3	46.6	7.9	7.0	28.7	13.6	7.5	12.6	32.0
40-59.....	0.5	74.9	39.4	9.0	8.9	24.4	16.7	7.1	10.4	32.6
60 and over.....	0.5	70.5	39.8	8.5	7.3	16.1	12.7	10.5	11.1	22.7
20 and over.....	2.1	75.7	43.3	8.3	7.5	24.6	14.1	8.1	11.7	29.9
Females:										
6-11.....	0.8	73.5	48.7	6.3	6.6	24.6	16.5	8.3	15.5	28.2
12-19.....	0.9	76.2	47.7	7.1	4.5	28.8	14.6	6.3	11.1	30.5
20-39.....	1.9	77.1	40.8	7.4	4.8	25.0	15.8	8.7	14.2	31.3
40-59.....	0.8	70.5	35.9	9.0	7.3	18.9	16.3	6.3	8.8	34.6
60 and over.....	1.2	77.5	32.9	8.1	11.7	18.9	12.4	14.3	11.4	37.0
20 and over.....	3.9	75.8	37.3	8.0	7.5	21.8	14.8	10.0	12.2	33.8
All individuals.....	11.0	74.2	41.3	7.0	6.5	23.3	12.6	9.4	13.0	28.7
100% poverty and over:										
Males and females:										
1-2.....	2.3	77.8	43.7	11.5	9.6	14.6	5.6	11.0	15.8	25.3
3-5.....	3.5	72.6	44.8	5.9	7.3	25.0	10.0	9.0	19.2	22.9
5 and under ‡ .....	6.3	73.0	41.9	7.5	10.2	19.1	7.5	9.2	16.7	22.8
Males:										
6-11.....	3.9	79.8	45.4	4.8	8.8	28.0	21.0	9.2	17.4	32.3
12-19.....	4.1	83.8	53.2	7.1	8.7	34.1	27.1	5.3	14.8	29.3
20-39.....	12.7	80.1	43.3	9.6	8.7	34.3	26.3	6.3	12.0	36.9
40-59.....	8.7	87.1	42.3	8.6	10.8	34.7	31.9	9.5	13.1	47.1
60 and over.....	5.7	86.8	40.3	16.6	13.9	30.3	27.3	9.2	15.5	45.1
20 and over.....	27.2	83.8	42.3	10.8	10.5	33.6	28.3	8.0	13.1	41.9
Females:										
6-11.....	3.4	82.0	53.3	6.3	10.8	27.8	23.9	7.4	17.8	25.2
12-19.....	4.0	72.0	46.5	5.9	7.4	30.6	21.6	7.8	11.3	29.2
20-39.....	13.0	81.2	40.8	9.9	9.6	34.3	30.1	6.3	12.5	37.3
40-59.....	9.0	83.4	39.8	10.2	10.8	29.8	32.7	8.0	13.4	45.7
60 and over.....	6.8	88.6	37.3	16.5	16.6	31.5	27.9	9.6	13.6	50.7
20 and over.....	28.8	83.6	39.7	11.6	11.6	32.2	30.4	7.6	13.0	43.1
All individuals.....	77.7	82.0	42.7	9.9	10.6	31.2	26.4	7.8	13.8	38.2

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91



Table 2.5A.--Vegetables: Mean intakes per individual in a day, by income level, 1 day, 1989-91

Income level, sex, and age (years)	Percentage of population	Total	White potatoes	Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
Percent		Grams								
Under 131% poverty:										
Males and females:										
1-2.....	1.0	77	30	3	† 5	7	† 1	5	11	15
3-5.....	1.2	80	30	† 4	† 5	8	2	4	13	14
5 and under ‡ .....	2.4	74	28	3	5	7	1	4	11	14
Males:										
6-11.....	1.1	137	61	† 8	† 3	17	4	12	11	21
12-19.....	1.0	157	64	† 9	† 4	20	6	7	14	30
20-39.....	1.6	199	83	9	5	26	10	8	16	41
40-59.....	0.8	185	68	† 14	† 8	20	8	† 8	18	42
60 and over.....	1.0	237	86	18	9	27	6	16	22	54
20 and over.....	3.4	207	80	12	7	25	9	10	18	45
Females:										
6-11.....	1.1	121	49	6	† 6	13	6	7	16	19
12-19.....	1.2	131	66	7	† 2	12	7	5	12	21
20-39.....	2.5	157	57	9	6	18	9	8	15	34
40-59.....	1.2	147	51	10	7	11	10	6	9	42
60 and over.....	2.1	196	47	15	11	27	8	13	15	60
20 and over.....	5.9	169	52	12	8	20	9	9	14	45
All individuals.....	16.0	154	57	9	6	18	7	8	14	34
131-350% poverty:										
Males and females:										
1-2.....	1.2	73	26	† 6	† 4	† 6	*	† 7	8	15
3-5.....	2.1	98	46	† 3	† 2	9	† 2	4	21	10
5 and under ‡ .....	3.6	85	36	4	4	7	† 1	5	15	12
Males:										
6-11.....	2.3	151	68	† 4	† 6	13	7	7	18	27
12-19.....	2.1	181	87	† 7	† 2	25	10	† 3	† 27	20
20-39.....	5.8	214	79	10	8	29	11	8	21	47
40-59.....	2.7	244	85	12	11	33	20	12	20	49
60 and over.....	2.7	232	68	22	11	36	13	10	14	55
20 and over.....	11.1	225	78	13	9	32	14	10	19	49
Females:										
6-11.....	2.1	130	60	† 3	† 8	10	10	† 7	18	† 14
12-19.....	2.1	122	51	† 3	† 4	18	8	† 4	14	17
20-39.....	6.0	167	51	11	5	24	17	7	12	40
40-59.....	3.0	182	54	10	7	26	16	10	13	48
60 and over.....	3.4	219	47	20	12	31	13	10	12	73
20 and over.....	12.5	185	50	13	7	26	15	9	12	51
All individuals.....	35.9	178	61	10	7	24	12	8	16	39

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 2.5A.--Vegetables: Mean intakes per individual in a day, by income level, 1 day, 1989-91--continued

Income level, sex, and age (years)	Percentage of population	Total	White potatoes	Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
	<i>Percent</i>									
<i>----- Grams -----</i>										
Over 350% poverty:										
Males and females:										
1-2.....	0.8	† 80	† 19	† 6	† 5	† 2	† 1	† 8	† 11	† 23
3-5.....	1.1	89	33	† 10	† 4	† 9	† 3	† 5	† 14	12
5 and under ‡ .....	2.1	81	25	† 8	† 6	† 6	2	† 6	† 12	15
Males:										
6-11.....	1.2	90	38	† 6	† 2	† 9	† 7	† 4	† 12	† 13
12-19.....	1.7	194	84	† 12	† 9	23	21	† 8	17	19
20-39.....	6.4	204	76	10	8	31	20	6	17	35
40-59.....	5.8	226	66	11	10	37	25	9	17	51
60 and over.....	2.6	268	60	23	22	32	24	8	19	77
20 and over.....	14.8	224	69	12	11	34	23	8	17	48
Females:										
6-11.....	1.0	† 130	† 54	† 1	† 8	† 26	† 6	† 4	† 11	† 20
12-19.....	1.7	140	57	† 7	† 5	23	12	7	† 7	† 21
20-39.....	6.3	178	50	6	7	31	25	5	16	39
40-59.....	5.5	184	51	10	9	21	25	7	13	47
60 and over.....	2.5	253	49	24	24	27	22	4	12	80
20 and over.....	14.3	193	50	10	11	27	25	6	14	49
All individuals.....	36.8	191	58	11	10	27	21	6	15	42

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 2.5B.--Vegetables: Percentages of individuals using, by income level, 1 day, 1989-91

Income level, sex, and age (years)	Percentage of population	Total	White potatoes	Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
	<i>Percent</i>									
<i>----- Percent -----</i>										
Under 131% poverty:										
Males and females:										
1-2.....	1.0	70.8	40.1	6.1	5.6	23.2	4.0	11.9	18.1	19.4
3-5.....	1.2	69.2	38.0	5.7	6.3	17.6	9.0	7.6	18.3	20.0
5 and under ‡ .....	2.4	65.0	35.4	5.5	6.1	17.8	5.9	8.7	16.5	18.3
Males:										
6-11.....	1.1	78.1	50.9	8.9	5.6	31.6	9.0	14.3	14.5	27.9
12-19.....	1.0	80.3	46.7	5.5	4.5	32.1	13.8	7.8	12.6	28.8
20-39.....	1.6	78.6	44.9	6.9	7.7	31.6	16.8	6.8	12.5	32.3
40-59.....	0.8	74.1	39.6	7.2	7.1	22.8	15.8	5.8	10.3	34.4
60 and over.....	1.0	75.9	42.6	10.1	5.8	20.9	10.3	11.6	14.7	26.8
20 and over.....	3.4	76.8	43.0	7.9	7.0	26.5	14.7	8.0	12.6	31.2
Females:										
6-11.....	1.1	76.2	46.7	6.6	6.7	29.4	16.0	8.6	19.2	26.9
12-19.....	1.2	74.8	47.9	6.2	3.7	28.1	14.2	5.4	10.5	29.1
20-39.....	2.5	78.1	42.7	7.8	6.6	27.1	16.6	8.4	14.1	32.0
40-59.....	1.2	70.6	37.7	8.5	6.4	19.2	17.6	6.8	9.3	33.9
60 and over.....	2.1	80.3	36.1	8.9	11.1	24.1	15.5	13.1	12.2	37.0
20 and over.....	5.9	77.3	39.3	8.4	8.1	24.4	16.4	9.8	12.4	34.2
All individuals.....	16.0	75.3	41.9	7.4	6.8	25.4	13.6	9.0	13.5	29.5
131-350% poverty:										
Males and females:										
1-2.....	1.2	80.4	55.6	12.3	10.5	17.7	2.6	9.4	15.7	25.1
3-5.....	2.1	74.9	47.2	4.8	4.8	29.4	8.4	8.4	21.0	21.6
5 and under ‡ .....	3.6	75.6	48.0	7.0	8.6	22.6	5.6	8.4	17.9	22.5
Males:										
6-11.....	2.3	81.2	51.7	3.4	10.8	29.8	20.4	9.7	18.6	31.7
12-19.....	2.1	80.9	52.2	4.9	4.5	27.4	23.5	3.9	17.7	27.3
20-39.....	5.8	81.8	44.3	9.7	7.1	33.5	21.5	6.6	13.4	37.4
40-59.....	2.7	87.6	46.2	7.6	9.1	34.2	31.7	10.2	14.9	45.2
60 and over.....	2.7	84.1	40.3	17.3	11.8	30.4	20.0	10.6	13.4	42.3
20 and over.....	11.1	83.8	43.8	11.0	8.7	32.9	23.6	8.4	13.8	40.5
Females:										
6-11.....	2.1	82.9	53.4	8.3	9.7	24.4	25.8	8.1	18.0	27.0
12-19.....	2.1	75.8	49.6	5.3	6.9	33.6	20.7	5.8	15.9	29.0
20-39.....	6.0	78.7	39.4	11.0	8.8	30.3	26.6	7.3	11.0	35.2
40-59.....	3.0	82.0	42.1	8.1	10.6	30.0	27.3	9.0	11.6	41.5
60 and over.....	3.4	85.9	35.1	14.7	14.0	30.3	24.1	12.4	14.4	46.8
20 and over.....	12.5	81.5	38.9	11.3	10.7	30.3	26.1	9.1	12.1	39.9
All individuals.....	35.9	81.3	44.4	9.4	9.2	30.0	22.4	8.3	14.5	35.6

‡ Includes infants under 1.

Continued



Table 2.5B.--Vegetables: Percentages of individuals using, by income level, 1 day, 1989-91--continued

Income level, sex, and age (years)	Percentage of population	Total	White potatoes	Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
Percent		Percent								
Over 350% poverty:										
Males and females:										
1-2.....	0.8	76.0	25.6	11.7	8.4	8.7	10.2	14.3	14.7	25.7
3-5.....	1.1	68.7	43.9	7.4	11.0	18.0	12.2	11.6	14.9	24.9
5 and under ‡ .....	2.1	70.3	33.2	8.6	13.0	12.9	10.5	11.8	13.7	23.3
Males:										
6-11.....	1.2	77.9	32.8	4.5	5.7	21.9	26.9	6.9	15.7	34.3
12-19.....	1.7	87.8	55.3	9.8	15.3	42.0	32.1	6.9	12.0	31.2
20-39.....	6.4	78.6	42.5	10.0	10.0	34.7	30.9	6.1	10.6	36.7
40-59.....	5.8	87.6	40.5	9.3	12.0	35.7	32.9	9.5	12.4	48.5
60 and over.....	2.6	90.7	39.2	16.8	18.0	31.1	38.6	7.1	17.2	50.7
20 and over.....	14.8	84.2	41.2	10.9	12.2	34.4	33.0	7.6	12.5	43.7
Females:										
6-11.....	1.0	79.9	56.9	1.4	14.6	30.6	22.9	5.3	13.8	21.9
12-19.....	1.7	67.6	42.4	7.0	8.9	27.7	23.9	11.1	6.0	30.1
20-39.....	6.3	83.7	41.3	9.0	10.3	38.2	34.7	5.3	13.9	39.6
40-59.....	5.5	85.1	38.5	11.6	11.4	30.4	36.6	7.5	14.5	49.0
60 and over.....	2.5	94.0	39.3	21.2	22.5	33.2	36.1	5.0	12.5	61.0
20 and over.....	14.3	86.0	39.9	12.1	12.8	34.3	35.7	6.1	13.9	46.9
All individuals.....	36.8	83.2	41.0	10.5	12.3	32.7	31.8	7.3	12.9	41.7

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 2.6A.--Vegetables: Mean intakes per individual in a day, by region, 1 day, 1989-91

Region, sex, and age (years)	Percentage of population	Total	White potatoes	Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
	Percent									
----- Grams -----										
Northeast:										
Males and females:										
1-2.....	0.6	80	26	† 2	5	† 3	† 1	† 2	† 15	† 27
3-5.....	1.0	81	30	† 6	† 3	† 7	† 2	8	† 14	† 11
5 and under ‡ .....	1.8	78	26	† 4	7	† 5	† 1	5	† 14	† 16
Males:										
6-11.....	0.8	145	53	† 14	† 1	18	† 6	† 9	13	† 30
12-19.....	1.2	192	66	† 15	† 5	31	13	† 10	† 32	19
20-39.....	3.3	228	74	† 12	13	42	14	† 5	16	51
40-59.....	2.3	250	74	13	12	38	25	10	12	67
60 and over.....	1.3	265	76	† 26	† 17	44	16	9	21	57
20 and over.....	6.9	242	74	15	13	41	18	7	16	57
Females:										
6-11.....	1.0	132	44	† 2	† 15	† 13	† 8	† 5	† 15	31
12-19.....	1.0	147	57	† 9	† 3	30	11	† 3	† 13	† 20
20-39.....	3.7	194	48	10	7	32	20	8	14	56
40-59.....	2.3	217	58	14	† 14	28	20	9	13	61
60 and over.....	2.1	220	55	20	17	34	16	7	10	59
20 and over.....	8.0	208	53	14	12	31	19	8	13	58
All individuals.....	20.7	198	58	13	11	31	15	7	15	48
Midwest:										
Males and females:										
1-2.....	0.9	79	30	† 4	† 5	† 3	† 2	5	† 13	† 16
3-5.....	1.1	84	37	† 1	† 3	7	2	5	† 15	† 14
5 and under ‡ .....	2.3	76	30	† 2	5	5	2	4	† 13	† 14
Males:										
6-11.....	1.3	131	67	† 1	† 4	† 9	6	† 8	19	† 18
12-19.....	1.4	148	72	† 7	† 1	10	† 12	† 2	19	24
20-39.....	4.0	217	102	† 7	† 5	25	15	8	27	28
40-59.....	2.7	226	88	10	11	23	20	7	26	40
60 and over.....	1.4	258	94	† 14	† 15	35	14	† 9	21	51
20 and over.....	8.1	227	96	9	9	26	17	8	26	36
Females:										
6-11.....	1.1	141	† 67	† 1	† 5	12	7	† 13	15	† 21
12-19.....	1.2	135	75	† 1	† 3	† 15	9	† 3	† 7	22
20-39.....	4.4	157	57	5	5	19	18	7	15	30
40-59.....	2.8	180	63	8	7	19	17	5	17	43
60 and over.....	1.9	198	57	† 10	9	24	16	9	12	52
20 and over.....	9.1	172	59	7	6	20	17	7	15	39
All individuals.....	24.5	175	71	6	6	19	14	7	18	32

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 2.6A.--Vegetables: Mean intakes per individual in a day, by region, 1 day, 1989-91--continued

Region, sex, and age (years)	Percentage of population	Total	White potatoes	Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
Percent		Grams								
South:										
Males and females:										
1-2.....	1.1	76	23	† 9	† 3	† 7	*	† 9	7	16
3-5.....	1.6	99	41	† 9	† 1	† 9	† 3	5	18	13
5 and under ‡ .....	3.0	86	31	9	3	† 7	2	6	12	14
Males:										
6-11.....	1.7	118	50	† 5	† 2	11	† 5	7	13	23
12-19.....	1.8	174	81	† 7	† 3	22	† 14	† 7	† 20	20
20-39.....	5.2	188	73	10	5	25	14	7	15	37
40-59.....	3.4	232	71	18	† 7	35	17	13	21	50
60 and over.....	2.7	226	54	24	11	26	15	11	19	62
20 and over.....	11.3	210	68	16	7	28	15	10	18	47
Females:										
6-11.....	1.5	129	62	† 7	4	† 18	8	† 5	15	† 9
12-19.....	2.3	125	51	6	† 4	14	† 7	8	16	18
20-39.....	5.4	157	45	10	† 5	24	16	7	16	33
40-59.....	4.0	164	47	11	5	15	21	10	14	41
60 and over.....	3.6	232	40	27	18	32	13	12	16	71
20 and over.....	13.0	180	44	15	9	24	17	9	15	46
All individuals.....	34.6	172	54	13	7	22	13	9	16	38
West:										
Males and females:										
1-2.....	0.7	60	21	† 1	† 6	† 7	† 1.	† 9	† 6	10
3-5.....	1.1	84	35	† 2	† 5	10	† 3	† 2	† 14	13
5 and under ‡ .....	1.9	72	27	† 1	† 7	† 8	† 2	† 4	† 10	12
Males:										
6-11.....	1.1	135	56	† 4	† 9	15	† 7	† 6	12	† 22
12-19.....	1.0	183	92	5	† 11	26	12	3	† 8	† 26
20-39.....	3.3	195	63	† 14	8	28	19	† 7	11	45
40-59.....	2.0	208	50	† 7	9	37	33	† 7	10	56
60 and over.....	1.6	271	68	† 18	22	32	22	10	13	83
20 and over.....	6.9	216	60	13	11	31	24	8	11	57
Females:										
6-11.....	0.9	107	41	† 5	† 3	13	† 9	† 4	† 17	14
12-19.....	1.1	117	43	† 6	† 10	15	† 11	† 3	† 5	† 22
20-39.....	3.3	169	52	12	7	25	21	† 2	† 11	38
40-59.....	2.2	202	43	† 8	8	31	26	† 9	10	66
60 and over.....	1.9	235	54	16	15	22	17	9	8	94
20 and over.....	7.4	196	50	12	9	26	21	6	10	60
All individuals.....	20.3	178	53	10	10	24	18	6	11	47

Table 2.6B.--Vegetables: Percentages of individuals using, by region, 1 day, 1989-91

Region, sex, and age (years)	Percentage of population	Total	White potatoes	Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
	<i>Percent</i>									
<hr/>										
	<i>Percent</i>									
<hr/>										
<b>Northeast:</b>										
<b>Males and females:</b>										
1-2.....	0.6	69.6	44.3	3.1	5.2	10.6	2.2	5.0	18.6	24.0
3-5.....	1.0	69.4	39.6	6.1	5.0	18.6	6.0	14.0	11.4	19.9
5 and under ‡ .....	1.8	69.2	38.5	4.4	11.2	13.8	4.0	9.3	13.5	19.5
<b>Males:</b>										
6-11.....	0.8	79.1	46.9	9.9	2.5	28.1	20.9	8.2	15.1	32.3
12-19.....	1.2	76.9	40.5	9.9	7.1	32.3	20.2	8.8	16.1	28.5
20-39.....	3.3	79.7	38.5	10.2	9.1	33.9	24.3	3.5	8.9	42.3
40-59.....	2.3	85.7	42.0	10.7	11.7	36.6	29.3	7.0	9.0	48.8
60 and over.....	1.3	91.6	48.1	15.5	12.1	36.4	27.9	7.7	18.5	43.8
20 and over.....	6.9	83.9	41.4	11.4	10.5	35.3	26.7	5.5	10.7	44.8
<b>Females:</b>										
6-11.....	1.0	78.5	43.9	2.1	11.1	25.6	16.0	7.7	14.6	38.2
12-19.....	1.0	76.9	36.4	9.0	6.6	37.4	18.4	7.9	11.0	22.1
20-39.....	3.7	82.7	36.6	8.6	8.6	31.4	28.4	7.5	11.1	39.2
40-59.....	2.3	83.0	39.8	12.9	13.7	34.0	29.2	8.4	11.7	45.2
60 and over.....	2.1	89.4	40.4	13.7	16.6	35.4	28.2	8.3	10.1	47.0
20 and over.....	8.0	84.6	38.5	11.1	12.1	33.2	28.6	8.0	11.0	42.9
All individuals.....	20.7	81.7	40.1	10.0	10.5	31.8	24.0	7.3	11.7	39.1
<b>Midwest:</b>										
<b>Males and females:</b>										
1-2.....	0.9	75.8	37.1	9.8	8.9	14.1	12.9	14.8	22.3	22.3
3-5.....	1.1	64.7	41.1	1.5	7.7	17.2	8.4	12.4	18.6	21.7
5 and under ‡ .....	2.3	65.9	35.0	4.5	10.1	14.0	9.2	12.1	18.3	20.3
<b>Males:</b>										
6-11.....	1.3	78.7	45.3	1.0	7.4	25.6	18.6	12.3	21.1	30.9
12-19.....	1.4	78.7	46.8	4.7	3.1	30.4	18.9	1.8	14.0	20.0
20-39.....	4.0	79.1	51.0	6.6	4.8	31.1	24.0	8.1	16.7	31.2
40-59.....	2.7	86.6	50.2	5.3	9.8	28.6	31.1	6.1	18.2	43.8
60 and over.....	1.4	82.8	48.0	10.3	13.6	22.9	23.4	9.4	16.6	40.8
20 and over.....	8.1	82.3	50.2	6.8	8.0	28.8	26.2	7.7	17.2	37.1
<b>Females:</b>										
6-11.....	1.1	78.1	54.0	1.9	11.0	25.6	19.9	11.9	17.5	28.2
12-19.....	1.2	70.8	50.2	2.9	6.0	21.9	20.0	3.8	9.5	33.5
20-39.....	4.4	79.0	43.3	7.6	8.9	30.4	26.5	8.4	15.5	33.0
40-59.....	2.8	81.3	46.5	7.3	9.1	25.5	29.2	5.2	19.4	39.9
60 and over.....	1.9	84.1	43.5	9.9	12.6	24.7	25.3	10.3	12.5	43.3
20 and over.....	9.1	80.8	44.4	8.0	9.7	27.7	27.1	7.8	16.1	37.2
All individuals.....	24.5	79.0	46.3	6.2	8.6	26.5	23.5	8.1	16.5	33.7

‡ Includes infants under 1.

Continued

Table 2.6B.--Vegetables: Percentages of individuals using, by region, 1 day, 1989-91--continued

Region, sex, and age (years)	Percentage of population	Total	White potatoes	Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
	Percent					Percent				
<b>South:</b>										
<b>Males and females:</b>										
1-2.....	1.1	82.4	41.5	13.3	5.2	19.4	1.9	12.9	11.1	22.8
3-5.....	1.6	74.6	48.8	9.7	2.7	24.5	10.9	8.8	19.5	17.4
5 and under ‡ .....	3.0	75.6	44.2	10.5	4.2	20.6	6.6	10.2	15.0	19.1
<b>Males:</b>										
6-11.....	1.7	76.5	49.6	3.5	4.6	25.8	14.9	10.6	12.7	24.7
12-19.....	1.8	86.3	59.0	5.4	6.5	32.3	29.0	7.1	13.6	30.5
20-39.....	5.2	77.1	46.3	8.4	6.6	32.6	25.9	6.4	9.9	34.8
40-59.....	3.4	85.4	43.0	10.8	8.2	33.7	28.0	15.2	15.4	44.5
60 and over.....	2.7	82.7	35.1	17.7	9.8	30.0	25.8	8.8	17.5	40.9
20 and over.....	11.3	80.9	42.6	11.3	7.8	32.3	26.5	9.6	13.4	39.2
<b>Females:</b>										
6-11.....	1.5	87.3	62.6	9.0	7.8	28.0	26.3	8.6	15.3	19.5
12-19.....	2.3	71.0	50.1	5.5	6.2	26.8	20.2	9.3	15.5	29.3
20-39.....	5.4	81.3	41.5	8.6	5.9	34.0	28.5	7.5	13.2	35.5
40-59.....	4.0	79.9	37.4	11.8	8.8	24.7	30.7	10.1	13.1	43.4
60 and over.....	3.6	87.3	33.2	19.4	15.9	31.2	21.6	11.2	16.9	47.9
20 and over.....	13.0	82.5	37.9	12.5	9.6	30.4	27.3	9.3	14.2	41.3
All individuals.....	34.6	80.7	43.5	10.5	7.8	29.7	24.2	9.4	14.0	35.6
<b>West:</b>										
<b>Males and females:</b>										
1-2.....	0.7	62.9	44.1	8.8	14.1	19.6	2.2	10.3	14.2	21.5
3-5.....	1.1	74.2	34.1	3.3	12.8	31.1	13.1	4.5	20.5	31.5
5 and under ‡ .....	1.9	67.0	34.2	4.8	14.6	24.2	8.1	6.2	16.4	26.7
<b>Males:</b>										
6-11.....	1.1	86.1	40.6	8.0	17.9	33.9	27.2	7.7	16.7	38.1
12-19.....	1.0	79.7	52.0	6.1	16.1	31.5	21.1	5.0	10.6	37.4
20-39.....	3.3	82.0	31.4	13.5	13.5	34.9	25.6	4.8	10.1	40.3
40-59.....	2.0	86.6	35.6	8.3	14.1	36.9	37.6	6.3	8.4	45.5
60 and over.....	1.6	92.9	41.2	17.4	23.3	31.8	29.8	11.4	10.5	50.2
20 and over.....	6.9	85.9	34.9	12.9	15.9	34.8	30.1	6.7	9.7	44.1
<b>Females:</b>										
6-11.....	0.9	76.6	35.9	14.9	10.1	28.7	28.4	4.6	21.5	24.2
12-19.....	1.1	70.9	37.8	8.2	11.2	33.1	19.9	3.6	6.2	26.8
20-39.....	3.3	78.3	38.3	15.0	12.2	32.1	32.9	2.2	9.6	43.7
40-59.....	2.2	87.6	31.9	9.8	13.5	35.6	35.2	7.2	10.6	55.4
60 and over.....	1.9	87.7	34.8	16.7	19.1	24.4	32.4	11.3	9.4	54.1
20 and over.....	7.4	83.5	35.5	13.9	14.3	31.2	33.5	6.0	9.9	49.9
All individuals.....	20.3	81.7	36.4	11.7	14.8	31.9	28.0	6.1	11.2	42.0

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91



Table 3.1A.--Fruits: Mean intakes per individual in a day, by sex and age, 1 day, 1989-91

Sex and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
<i>Percent</i> ----- <i>Grams</i> -----											
<b>Males and females:</b>											
Under 1.....	0.9	127	† 7	† 7	•	116	† 14	† 6	0	42	54
1-2.....	3.2	208	49	43	† 1	157	19	17	2	27	92
3-5.....	4.8	176	59	51	† 1	110	25	8	4	16	58
5 and under.....	9.0	183	50	44	† 1	128	21	11	3	23	70
<b>Males:</b>											
Under 1.....	0.5	131	† 7	† 7	•	118	† 8	† 10	0	36	† 64
1-2.....	1.5	211	38	36	† 2	171	19	13	† 2	† 21	116
3-5.....	2.5	172	61	55	† 1	99	21	7	4	12	54
6-11.....	4.9	173	60	55	•	106	29	7	5	28	37
12-19.....	5.3	157	90	84	•	65	20	12	† 6	15	12
20-29.....	7.3	133	80	77	•	50	13	7	† 5	† 12	† 13
30-39.....	8.5	131	61	53	•	66	16	8	12	14	16
40-49.....	6.2	118	43	35	† 1	73	25	8	12	20	9
50-59.....	4.2	162	65	54	† 1	91	22	17	10	24	† 18
60-69.....	3.9	223	100	87	† 3	120	23	17	23	32	26
70-79.....	2.4	201	80	65	† 2	117	26	21	17	34	† 20
80 and over.....	0.7	193	51	30	† 10	132	14	26	† 22	† 44	† 26
20 and over.....	33.2	150	68	59	1	79	19	11	12	20	16
<b>Females:</b>											
Under 1.....	0.5	124	† 7	† 7	0	115	† 21	† 2	0	48	43
1-2.....	1.7	205	60	50	† 1	144	† 18	21	† 3	† 31	70
3-5.....	2.3	181	57	47	•	122	29	† 9	† 3	20	61
6-11.....	4.6	194	65	55	† 1	127	32	9	† 6	36	44
12-19.....	5.6	133	75	68	•	56	11	7	7	12	19
20-29.....	7.7	153	71	63	•	80	11	6	7	15	41
30-39.....	9.1	123	50	44	•	70	15	9	14	15	18
40-49.....	6.7	115	44	38	† 2	69	14	11	14	21	10
50-59.....	4.5	151	59	47	† 1	88	18	16	18	24	12
60-69.....	4.6	193	81	60	2	110	25	21	18	32	14
70-79.....	3.0	203	89	74	2	112	19	20	20	35	18
80 and over.....	1.8	206	85	71	† 3	117	23	22	17	29	26
20 and over.....	37.4	150	63	53	1	85	16	13	14	22	20
All individuals.....	100.0	156	66	57	1	87	19	11	11	21	25

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 3.1B.--Fruits: Percentages of individuals using, by sex and age, 1 day, 1989-91

Sex and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
<hr/>											
<i>Percent</i>			<i>Percent</i>								
<hr/>											
Males and females:											
Under 1.....	0.9	60.0	5.9	5.9	.3	57.5	11.5	7.4	0.0	36.0	24.2
1-2.....	3.2	69.8	25.2	20.6	2.8	57.6	13.7	20.6	2.7	20.5	27.8
3-5.....	4.8	63.9	28.3	23.1	2.2	46.8	17.4	8.9	3.7	13.2	22.5
5 and under.....	9.0	65.6	24.9	20.4	2.2	51.8	15.5	13.0	3.0	18.2	24.6
Males:											
Under 1.....	0.5	64.8	5.4	5.4	.5	62.0	6.7	9.9	0.0	33.6	26.5
1-2.....	1.5	66.3	23.7	21.0	4.0	54.0	14.9	16.4	2.5	14.8	30.3
3-5.....	2.5	62.8	28.1	22.4	3.4	43.2	15.2	9.3	4.0	11.1	19.4
6-11.....	4.9	62.9	25.5	22.1	1.4	47.4	19.0	6.4	4.5	19.2	11.9
12-19.....	5.3	44.3	26.1	24.4	.7	27.1	10.1	7.7	3.0	9.6	4.0
20-29.....	7.3	37.9	25.0	23.2	1.0	17.4	5.3	6.1	2.9	5.7	3.3
30-39.....	8.5	40.9	21.6	18.5	1.3	25.4	8.5	7.1	4.9	8.8	4.9
40-49.....	6.2	43.8	20.3	15.4	1.6	31.4	13.2	7.2	7.4	10.7	3.2
50-59.....	4.2	54.7	23.6	19.3	1.4	40.1	12.5	15.0	7.3	15.6	6.4
60-69.....	3.9	61.8	36.7	29.4	3.8	43.6	13.1	15.9	9.0	16.2	7.0
70-79.....	2.4	68.7	35.8	28.5	5.3	51.4	18.0	20.8	10.1	21.7	5.4
80 and over.....	0.7	79.0	35.4	20.8	19.9	53.7	11.0	30.4	11.1	23.4	11.9
20 and over.....	33.2	47.8	25.4	21.1	2.3	31.3	10.5	10.4	6.3	11.5	4.9
Females:											
Under 1.....	0.5	54.9	6.4	6.4	0.0	52.8	16.4	4.7	0.0	38.5	21.8
1-2.....	1.7	72.9	26.6	20.2	1.7	60.9	12.7	24.5	2.8	25.7	25.4
3-5.....	2.3	65.2	28.6	23.9	.9	50.6	19.7	8.5	3.5	15.4	25.7
6-11.....	4.6	66.9	29.8	24.2	2.0	52.1	20.9	9.3	3.3	21.5	16.0
12-19.....	5.6	43.7	23.6	21.4	.7	27.6	6.9	5.8	3.3	9.3	7.5
20-29.....	7.7	45.4	24.6	20.5	.3	28.5	7.4	5.4	4.1	9.9	9.4
30-39.....	9.1	47.4	22.2	17.9	1.0	33.6	9.4	8.1	7.9	12.5	6.6
40-49.....	6.7	46.7	19.9	15.9	2.4	35.8	9.5	9.9	8.2	12.9	3.6
50-59.....	4.5	60.9	30.0	23.1	4.0	43.5	11.9	15.5	9.0	17.7	5.0
60-69.....	4.6	67.1	38.4	28.2	4.3	51.7	17.1	20.6	10.6	21.8	6.0
70-79.....	3.0	76.4	44.2	35.1	5.0	55.8	14.1	20.2	12.4	21.1	7.3
80 and over.....	1.8	73.1	42.4	35.2	6.7	57.4	17.4	24.4	12.0	20.6	12.9
20 and over.....	37.4	54.5	28.0	22.2	2.5	39.3	11.0	12.1	8.2	14.9	6.7
All individuals.....	100.0	53.1	26.5	21.8	2.1	37.4	11.8	10.6	6.1	14.0	8.3

NOTE: See \* Table notes.\*

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 3.2A.--Fruits: Mean intakes per individual in a day, by race, 1 day, 1989-91

Race, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
<i>Percent ----- Grams -----</i>											
White:											
Males and females:											
1-2.....	2.3	219	49	46	† 2	168	24	20	† 3	20	101
3-5.....	3.8	169	55	48	† 1	109	25	6	3	16	59
5 and under ‡ .....	6.8	183	48	43	† 1	130	23	11	3	20	73
Males:											
6-11.....	3.9	171	57	51	•	109	31	† 6	5	27	39
12-19.....	4.5	166	96	90	•	69	22	12	† 7	16	13
20-39.....	13.2	129	70	64	•	56	15	8	8	13	12
40-59.....	9.3	137	50	41	† 1	83	24	11	12	22	13
60 and over.....	6.0	206	89	74	† 4	112	22	19	22	30	20
20 and over.....	28.5	148	68	58	1	77	20	12	12	19	14
Females:											
6-11.....	3.5	190	63	53	† 1	125	31	8	† 7	28	50
12-19.....	4.1	127	70	64	•	55	13	† 7	† 8	11	17
20-39.....	13.7	133	55	48	•	75	14	7	11	15	27
40-59.....	9.3	129	52	42	† 2	74	15	13	14	24	9
60 and over.....	8.3	200	84	66	2	113	23	22	20	31	16
20 and over.....	31.3	150	62	51	1	85	17	13	14	22	19
All individuals.....	82.7	154	65	56	1	86	20	11	11	21	24
Black:											
Males and females:											
1-2.....	0.6	164	43	41	•	119	† 5	† 11	† 3	† 31	69
3-5.....	0.6	148	52	39	0	95	† 26	† 11	† 7	† 8	42
5 and under ‡ .....	1.4	150	42	35	•	107	† 17	† 10	† 4	† 23	54
Males:											
6-11.....	0.6	168	† 67	† 63	0	100	† 18	† 11	† 8	† 24	† 40
12-19.....	0.6	† 61	† 30	† 29	0	† 30	† 6	† 5	† 4	† 6	† 10
20-39.....	1.7	139	† 62	† 59	† 1	† 72	† 7	† 9	† 16	† 12	† 28
40-59.....	0.8	111	75	74	•	† 35	† 9	† 5	† 4	† 15	† 3
60 and over.....	0.8	268	† 91	† 83	† 1	175	† 36	† 20	† 17	† 44	† 58
20 and over.....	3.2	165	72	69	† 1	89	† 14	11	† 13	† 20	† 30
Females:											
6-11.....	0.8	216	† 66	† 56	† 1	148	† 43	† 11	† 2	† 67	† 25
12-19.....	1.2	151	† 96	† 87	0	55	† 4	† 6	† 3	† 11	† 31
20-39.....	2.1	134	66	63	0	67	† 7	† 5	† 11	16	† 28
40-59.....	1.4	117	45	† 40	† 2	70	† 13	11	† 18	† 10	† 18
60 and over.....	0.9	166	77	64	† 1	89	† 19	13	† 10	† 18	29
20 and over.....	4.4	135	61	56	† 1	72	11	8	† 13	14	25
All individuals.....	12.3	149	64	59	•	83	14	9	† 10	20	30

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 3.2B.—Fruits: Percentages of individuals using, by race, 1 day, 1989-91

Race, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
<hr/>											
<i>Percent</i> ----- <i>Percent</i>											
<b>White:</b>											
<b>Males and females:</b>											
1-2.....	2.3	69.0	24.3	21.1	3.3	57.8	17.7	22.0	3.1	20.1	28.2
3-5.....	3.8	63.6	26.9	22.3	2.6	45.9	17.7	7.8	4.1	13.1	22.7
5 and under ‡ .....	6.8	64.9	23.9	20.3	2.6	51.0	17.1	12.8	3.4	17.6	24.8
<b>Males:</b>											
6-11.....	3.9	61.8	24.6	20.9	1.7	47.4	20.2	5.9	4.7	19.2	11.9
12-19.....	4.5	46.0	28.1	26.1	.9	26.9	10.8	7.2	2.8	10.1	4.3
20-39.....	13.2	40.3	24.1	21.4	1.2	22.1	7.4	7.1	4.1	7.4	3.7
40-59.....	9.3	48.8	21.6	16.6	1.7	35.9	13.4	10.4	7.9	13.1	4.8
60 and over.....	6.0	65.6	35.9	27.7	6.9	47.1	14.4	19.2	10.4	17.8	6.3
20 and over.....	28.5	48.4	25.8	21.2	2.6	31.9	10.8	10.7	6.7	11.5	4.6
<b>Females:</b>											
6-11.....	3.5	64.8	28.9	24.1	1.3	50.0	20.9	9.1	3.5	20.1	18.1
12-19.....	4.1	42.4	24.8	22.6	.9	25.6	7.9	5.5	3.5	8.5	6.4
20-39.....	13.7	47.2	22.8	18.2	.8	32.4	9.1	6.9	6.6	11.7	8.0
40-59.....	9.3	54.0	25.3	19.9	3.4	39.4	10.4	12.1	8.9	16.2	3.7
60 and over.....	8.3	71.3	41.9	32.2	5.5	54.5	16.4	22.2	12.1	21.4	7.6
20 and over.....	31.3	55.6	28.6	22.4	2.8	40.3	11.4	12.5	8.7	15.6	6.6
All individuals.....	82.7	53.4	26.8	22.0	2.4	37.6	12.3	10.8	6.6	14.1	8.0
<b>Black:</b>											
<b>Males and females:</b>											
1-2.....	0.6	72.8	25.8	24.0	.5	53.9	4.0	19.3	2.1	17.3	26.3
3-5.....	0.6	60.2	26.1	19.2	0.0	43.8	17.3	10.0	3.9	6.5	19.4
5 and under ‡ .....	1.4	66.0	23.4	19.6	.2	49.9	10.9	12.7	2.6	14.4	23.2
<b>Males:</b>											
6-11.....	0.6	65.9	25.1	22.2	0.0	46.7	11.8	9.9	3.7	16.8	16.7
12-19.....	0.6	28.0	10.5	10.1	0.0	20.6	3.6	4.6	5.6	5.2	2.4
20-39.....	1.7	34.8	17.1	15.6	1.0	18.8	4.1	6.5	2.6	5.3	6.0
40-59.....	0.8	37.7	22.4	22.4	1.0	17.8	5.3	2.9	1.9	8.4	1.5
60 and over.....	0.8	67.0	39.5	34.7	1.0	44.7	17.8	16.5	6.2	18.0	13.5
20 and over.....	3.2	43.5	24.0	22.0	1.0	25.0	7.8	8.1	3.4	9.2	6.8
<b>Females:</b>											
6-11.....	0.8	74.5	30.4	20.1	4.9	62.4	23.7	9.9	3.0	26.0	9.9
12-19.....	1.2	46.8	19.6	17.2	0.0	31.9	3.0	5.3	2.1	11.2	12.2
20-39.....	2.1	35.5	19.0	18.2	0.0	22.1	4.2	4.4	5.0	8.8	6.7
40-59.....	1.4	38.7	18.8	15.9	1.6	28.4	8.3	9.4	4.9	5.6	6.7
60 and over.....	0.9	66.9	32.3	27.3	1.3	45.3	15.6	12.4	7.4	12.3	9.6
20 and over.....	4.4	42.9	21.6	19.3	.8	28.8	7.9	7.6	5.5	8.5	7.3
All individuals.....	12.3	48.6	22.4	19.6	.9	33.3	8.8	8.2	4.0	11.0	9.9

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91



Table 3.3A.--Fruits: Mean intakes per individual in a day, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1989-91

FSP participation, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
<i>Percent</i> ----- <i>Grams</i> -----											
Participating:											
Males and females:											
1-2.....	0.5	132	47	44	† 1	83	† 7	7	† 2	† 9	58
3-5.....	0.6	156	45	42	† 1	109	† 20	8	† 6	† 17	58
5 and under ‡ .....	1.3	144	40	38	† 1	102	15	7	† 4	17	59
Males:											
6-11.....	0.5	156	47	39	*	109	30	† 9	† 3	† 31	36
12-19.....	0.3	95	† 43	† 39	0	49	† 14	† 3	*	† 14	† 18
20-39.....	0.5	77	† 34	† 31	*	37	† 2	† 1	† 4	† 9	† 20
40-59.....	0.2	† 13	*	*	† 0	† 12	† 1	† 4	† 2	† 4	† 0
60 and over.....	0.2	† 126	† 46	† 37	† 1	† 78	† 13	† 21	† 25	† 12	† 7
20 and over.....	0.8	71	28	† 25	*	39	† 4	† 6	† 8	8	† 13
Females:											
6-11.....	0.5	150	43	41	*	105	27	† 7	† 5	34	32
12-19.....	0.5	117	46	35	*	62	† 12	† 5	† 1	† 23	† 20
20-39.....	1.2	103	48	44	*	54	9	5	† 7	13	21
40-59.....	0.4	87	38	33	0	49	† 17	† 6	† 3	† 16	† 6
60 and over.....	0.4	126	39	34	† 1	87	13	19	† 11	† 24	† 20
20 and over.....	2.0	104	44	40	*	60	11	8	† 7	16	18
All individuals.....	5.9	117	41	37	*	74	14	7	5	18	29
Not participating:											
Males and females:											
1-2.....	0.4	149	48	37	† 1	100	16	† 8	† 2	13	61
3-5.....	0.6	160	65	48	† 1	94	17	† 7	† 6	21	43
5 and under ‡ .....	1.1	149	53	40	† 1	95	17	7	† 4	17	49
Males:											
6-11.....	0.6	137	54	47	† 1	82	18	† 5	† 11	32	† 16
12-19.....	0.6	135	61	58	*	73	† 29	† 8	† 14	16	† 5
20-39.....	1.2	119	55	51	*	62	19	7	† 4	† 12	† 19
40-59.....	0.6	74	41	40	*	33	† 8	8	† 6	† 5	† 5
60 and over.....	0.8	135	40	32	† 2	92	14	16	† 29	18	16
20 and over.....	2.6	114	47	42	† 1	65	15	10	† 13	13	15
Females:											
6-11.....	0.6	150	52	48	† 2	95	23	† 6	† 11	24	† 31
12-19.....	0.6	99	53	48	0	45	12	† 10	† 4	† 5	† 14
20-39.....	1.4	108	50	43	*	58	12	6	10	13	† 17
40-59.....	0.9	104	48	41	† 1	55	12	12	8	16	† 8
60 and over.....	1.7	149	57	49	2	90	20	18	9	26	17
20 and over.....	3.9	125	52	45	1	71	15	12	9	19	15
All individuals.....	10.1	126	52	45	1	73	17	10	10	17	19

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91



Table 3.3B.--Fruits: Percentages of individuals using, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1989-91

FSP participation, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
<i>Percent ----- Percent -----</i>											
Participating:											
Males and females:											
1-2.....	0.5	52.2	23.8	21.7	1.8	38.1	6.3	10.5	1.6	6.5	19.4
3-5.....	0.6	57.8	22.0	20.0	1.1	45.3	13.1	7.7	4.1	9.7	21.2
5 and under ‡ .....	1.3	56.3	20.6	18.9	1.2	44.6	10.6	8.7	2.5	11.2	22.0
Males:											
6-11.....	0.5	61.7	22.6	18.4	1.2	50.4	20.5	9.3	1.3	15.8	16.1
12-19.....	0.3	34.3	13.0	10.9	0.0	22.9	9.2	2.3	.4	10.0	4.4
20-39.....	0.5	26.9	12.7	11.6	.6	13.1	1.1	1.3	1.6	6.8	6.8
40-59.....	0.2	7.8	2.0	.9	0.0	5.9	.7	2.6	1.3	2.0	0.0
60 and over.....	0.2	43.5	20.3	12.4	5.0	30.9	10.3	12.4	7.9	7.9	4.0
20 and over.....	0.8	25.7	11.7	9.2	1.3	14.9	2.8	3.8	2.8	5.9	4.6
Females:											
6-11.....	0.5	62.3	20.9	19.6	.2	50.0	18.9	8.8	4.5	19.6	13.6
12-19.....	0.5	40.4	17.3	13.6	.8	28.0	6.6	4.4	1.8	12.7	7.8
20-39.....	1.2	31.5	15.3	14.6	.4	21.2	6.2	3.9	1.3	7.3	6.4
40-59.....	0.4	35.5	16.0	13.1	0.0	24.5	11.5	4.8	3.5	9.4	1.8
60 and over.....	0.4	52.0	23.6	20.4	.5	39.4	8.2	16.8	5.9	12.1	6.5
20 and over.....	2.0	36.3	17.1	15.4	.3	25.4	7.7	6.6	2.7	8.6	5.5
All individuals.....	5.9	43.9	17.7	15.5	.8	32.5	9.7	6.6	2.5	10.8	10.7
Not participating:											
Males and females:											
1-2.....	0.4	60.2	25.1	20.8	1.6	43.7	12.9	9.0	1.3	13.1	20.9
3-5.....	0.6	62.3	30.5	22.8	3.6	44.7	11.4	7.0	2.2	19.5	15.9
5 and under ‡ .....	1.1	59.5	26.4	20.8	2.7	43.1	12.1	7.3	1.6	16.4	18.6
Males:											
6-11.....	0.6	55.3	26.3	22.2	2.1	44.5	12.8	4.6	3.7	24.5	7.3
12-19.....	0.6	49.8	22.5	21.4	.2	34.8	13.2	7.1	3.6	13.4	2.1
20-39.....	1.2	32.9	17.1	15.2	.6	18.9	8.7	5.5	1.7	5.3	4.3
40-59.....	0.6	31.3	16.9	15.8	.3	18.1	4.5	8.3	2.9	3.2	2.2
60 and over.....	0.8	47.4	18.3	15.2	3.5	34.7	8.6	13.5	5.2	11.1	5.4
20 and over.....	2.6	37.2	17.5	15.4	1.5	23.8	7.7	8.7	3.1	6.7	4.2
Females:											
6-11.....	0.6	58.7	22.7	22.0	3.7	43.0	15.7	5.0	3.4	18.1	10.4
12-19.....	0.6	37.2	22.5	19.7	0.0	23.6	8.8	8.0	1.7	4.0	5.0
20-39.....	1.4	36.9	18.5	13.8	.9	23.8	6.9	5.7	3.9	9.6	4.3
40-59.....	0.9	41.5	18.5	13.3	1.1	31.8	9.0	10.8	4.2	11.0	3.1
60 and over.....	1.7	59.0	27.3	22.6	4.6	44.9	13.6	16.8	4.9	14.7	7.2
20 and over.....	3.9	47.6	22.4	17.6	2.6	34.8	10.3	11.7	4.4	12.1	5.3
All individuals.....	10.1	46.8	21.8	18.2	2.0	33.2	10.4	9.1	3.4	11.8	6.7

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 3.4A.—Fruits: Mean intakes per individual in a day, by poverty status, 1 day, 1989-91

Poverty status, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
Percent			Grams								
Under 100% poverty:											
Males and females:											
1-2.....	0.8	136	45	42	† 1	89	9	8	† 2	10	59
3-5.....	0.8	141	48	41	*	90	17	8	† 5	17	44
5 and under ‡ .....	1.9	137	41	37	† 1	94	15	8	† 3	17	52
Males:											
6-11.....	0.7	138	42	34	*	95	25	8	† 6	29	27
12-19.....	0.7	124	52	49	*	71	26	† 7	† 8	16	† 13
20-39.....	1.1	91	43	39	*	46	† 12	† 4	† 5	7	16
40-59.....	0.5	51	34	32	0	17	† 4	† 7	† 1	† 4	† 1
60 and over.....	0.5	108	34	30	† 1	72	13	15	† 28	† 11	† 6
20 and over.....	2.1	86	39	35	*	46	10	7	† 10	7	10
Females:											
6-11.....	0.8	148	41	37	*	105	27	8	† 6	31	33
12-19.....	0.9	110	50	41	*	55	† 13	6	† 4	† 16	† 16
20-39.....	1.9	100	49	44	*	50	11	5	† 8	12	14
40-59.....	0.8	92	45	39	*	47	12	10	† 5	13	† 7
60 and over.....	1.2	143	51	44	† 1	90	17	18	† 10	27	18
20 and over.....	3.9	112	49	43	† 1	62	13	10	8	17	14
All individuals.....	11.0	116	45	40	*	69	15	8	7	17	22
100% poverty and over:											
Males and females:											
1-2.....	2.3	228	46	43	† 2	180	22	21	† 2	26	109
3-5.....	3.5	185	63	54	† 1	116	25	8	† 3	16	64
5 and under ‡ .....	6.3	195	52	46	† 1	139	23	12	3	22	80
Males:											
6-11.....	3.9	185	65	59	† 1	114	32	7	6	29	40
12-19.....	4.1	166	96	90	*	69	20	13	† 6	16	13
20-39.....	12.7	140	74	68	† 1	62	15	8	10	13	15
40-59.....	8.7	138	54	43	† 1	80	23	11	12	21	12
60 and over.....	5.7	228	95	79	† 4	127	25	20	20	35	27
20 and over.....	27.2	158	72	62	1	82	20	12	13	21	17
Females:											
6-11.....	3.4	213	75	63	† 1	135	34	† 9	† 6	37	50
12-19.....	4.0	142	84	76	*	57	10	8	† 9	10	20
20-39.....	13.0	141	61	54	*	77	14	9	12	16	27
40-59.....	9.0	131	52	44	† 2	76	14	13	16	22	10
60 and over.....	6.8	208	90	71	2	115	23	22	21	32	17
20 and over.....	28.8	154	65	55	1	86	16	13	15	22	19
All individuals.....	77.7	163	69	60	1	90	19	12	12	21	26

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 3.4B.--Fruits: Percentages of individuals using, by poverty status, 1 day, 1989-91

Poverty status, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
	<i>Percent</i>					<i>Percent</i>					
<b>Under 100% poverty:</b>											
Males and females:											
1-2.....	0.8	53.8	23.7	20.9	1.8	40.5	7.9	11.1	1.8	7.5	19.8
3-5.....	0.8	57.0	23.8	19.7	1.4	44.2	11.1	8.4	3.2	12.1	18.7
5 and under ‡ .....	1.9	56.2	21.8	18.8	1.5	44.1	10.4	9.2	2.2	12.1	20.7
Males:											
6-11.....	0.7	59.2	20.6	15.7	.3	47.2	17.1	8.3	2.2	18.0	12.7
12-19.....	0.7	44.7	17.0	15.9	.2	32.3	12.5	6.3	1.9	12.4	3.9
20-39.....	1.1	29.5	14.6	12.7	.4	16.1	6.2	4.0	2.0	5.3	5.0
40-59.....	0.5	21.2	13.4	11.6	0.0	11.1	3.0	6.1	.9	2.1	.6
60 and over.....	0.5	35.9	17.1	13.9	3.4	26.4	8.6	11.4	4.2	6.1	2.5
20 and over.....	2.1	29.1	14.9	12.8	1.0	17.4	6.0	6.2	2.2	4.7	3.4
Females:											
6-11.....	0.8	60.2	19.2	17.8	.2	49.9	18.3	8.1	3.4	21.0	12.6
12-19.....	0.9	38.2	19.2	16.0	.4	25.5	8.1	5.4	2.1	9.4	5.9
20-39.....	1.9	33.4	15.9	14.2	.6	21.9	7.3	4.7	2.0	8.2	4.7
40-59.....	0.8	36.5	15.9	12.5	.6	26.5	8.1	8.6	3.3	9.5	2.3
60 and over.....	1.2	57.0	25.4	21.3	2.9	43.1	11.7	17.0	5.3	13.9	7.6
20 and over.....	3.9	41.4	18.9	16.1	1.3	29.5	8.8	9.4	3.3	10.3	5.1
All individuals.....	11.0	44.0	18.6	16.0	1.0	32.1	9.9	8.0	2.7	10.8	8.4
<b>100% poverty and over:</b>											
Males and females:											
1-2.....	2.3	75.2	23.6	20.8	3.3	63.0	15.8	24.6	2.7	23.4	31.9
3-5.....	3.5	65.9	29.3	23.4	2.6	48.3	18.2	9.2	4.1	13.3	24.2
5 and under ‡ .....	6.3	68.2	25.1	20.8	2.6	54.0	16.5	14.7	3.3	18.7	26.9
Males:											
6-11.....	3.9	64.8	26.8	23.5	1.7	49.6	20.4	6.5	5.3	20.5	12.2
12-19.....	4.1	45.6	27.8	25.8	.7	27.4	10.3	7.8	3.5	10.0	4.4
20-39.....	12.7	41.3	24.3	21.5	1.4	22.4	7.3	6.9	4.2	7.6	4.1
40-59.....	8.7	48.4	22.1	16.8	1.6	35.4	12.9	10.2	8.0	12.5	4.8
60 and over.....	5.7	68.4	38.6	29.4	6.5	49.5	15.9	19.9	10.4	19.4	7.7
20 and over.....	27.2	49.3	26.6	21.6	2.5	32.3	10.9	10.7	6.7	11.7	5.1
Females:											
6-11.....	3.4	69.6	34.1	27.5	2.7	53.2	21.6	8.9	2.8	22.0	17.9
12-19.....	4.0	43.5	24.3	22.2	.8	27.9	6.7	6.4	4.1	8.6	7.5
20-39.....	13.0	49.0	24.7	20.4	.7	32.9	8.8	7.8	6.9	11.4	7.8
40-59.....	9.0	54.2	25.3	20.5	3.3	39.5	10.0	12.2	8.7	15.4	3.9
60 and over.....	6.8	73.6	43.6	33.8	5.4	56.0	16.8	22.5	13.5	22.2	7.7
20 and over.....	28.8	56.4	29.4	23.6	2.6	40.4	11.1	12.7	9.0	15.2	6.6
All individuals.....	77.7	54.7	27.8	22.9	2.4	38.4	12.1	11.1	6.8	14.2	8.4

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 3.5A.--Fruits: Mean intakes per individual in a day, by income level, 1 day, 1989-91

Income level, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
Percent			Grams								
Under 131% poverty:											
Males and females:											
1-2.....	1.0	140	47	41	† 1	91	11	8	† 2	11	60
3-5.....	1.2	158	55	45	† 1	101	18	8	† 6	19	51
5 and under ‡ .....	2.4	146	46	39	† 1	98	16	7	† 4	17	55
Males:											
6-11.....	1.1	146	51	43	† 1	94	24	7	† 7	32	26
12-19.....	1.0	121	54	51	*	64	24	† 6	† 9	15	† 10
20-39.....	1.6	107	49	45	*	55	14	5	4	11	20
40-59.....	0.8	59	31	30	*	28	† 6	7	† 5	† 5	† 4
60 and over.....	1.0	134	41	33	† 2	90	14	17	† 28	17	14
20 and over.....	3.4	104	43	38	† 1	59	12	9	† 11	12	14
Females:											
6-11.....	1.1	150	48	45	† 1	100	25	7	† 9	29	31
12-19.....	1.2	107	50	42	*	53	12	8	† 3	13	17
20-39.....	2.5	106	49	44	*	56	10	5	9	13	19
40-59.....	1.2	99	45	38	*	53	14	10	6	16	8
60 and over.....	2.1	145	54	46	2	89	18	18	9	26	18
20 and over.....	5.9	118	50	44	1	67	14	11	8	18	16
All individuals.....	16.0	123	48	42	1	73	16	9	8	18	23
131-350% poverty:											
Males and females:											
1-2.....	1.2	231	45	43	† 3	183	† 16	16	† 4	25	122
3-5.....	2.1	167	57	48	† 1	101	28	† 6	† 1	† 13	53
5 and under ‡ .....	3.6	183	48	42	† 2	128	22	10	† 2	19	76
Males:											
6-11.....	2.3	207	64	56	*	137	41	† 6	† 5	30	53
12-19.....	2.1	144	82	78	† 1	59	20	† 9	† 4	17	† 9
20-39.....	5.8	129	72	68	*	55	11	11	† 5	† 13	† 15
40-59.....	2.7	122	52	40	† 1	68	12	13	† 12	25	† 7
60 and over.....	2.7	207	73	62	† 2	131	26	19	16	38	31
20 and over.....	11.1	146	68	60	† 1	76	15	13	9	22	17
Females:											
6-11.....	2.1	203	77	65	† 1	123	35	† 10	† 3	† 41	34
12-19.....	2.1	130	76	68	*	54	9	† 7	† 8	11	† 19
20-39.....	6.0	146	62	54	*	82	15	9	† 9	19	30
40-59.....	3.0	125	45	38	*	80	16	15	16	20	13
60 and over.....	3.4	199	86	68	1	111	21	22	20	32	16
20 and over.....	12.5	156	64	54	1	90	17	14	14	23	22
All individuals.....	35.9	160	66	58	1	91	19	12	9	23	28

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 3.5A.--Fruits: Mean intakes per individual in a day, by income level, 1 day, 1989-91--continued

Income level, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
<div><div>Percent</div><div>-----Grams-----</div></div>											
Over 350% poverty:											
Males and females:											
1-2.....	0.8	† 239	† 46	† 45	† 0	† 193	† 32	† 31	*	† 30	† 100
3-5.....	1.1	213	71	66	† 1	140	† 21	† 12	† 6	† 20	82
5 and under ‡ .....	2.1	221	56	53	*	164	24	19	† 3	27	90
Males:											
6-11.....	1.2	149	† 66	† 65	*	77	† 17	† 10	† 5	24	† 21
12-19.....	1.7	204	119	† 111	0	85	† 20	† 20	† 8	† 16	† 21
20-39.....	6.4	150	78	69	† 1	68	18	6	† 16	13	† 15
40-59.....	5.8	149	56	46	† 1	88	30	11	13	20	15
60 and over.....	2.6	262	127	† 105	† 6	126	26	21	22	34	† 24
20 and over.....	14.8	169	78	66	† 2	86	24	10	16	19	16
Females:											
6-11.....	1.0	† 254	† 75	† 59	† 0	† 178	† 36	† 8	† 8	† 33	† 93
12-19.....	1.7	164	99	91	*	62	† 13	† 7	† 12	† 10	† 20
20-39.....	6.3	138	60	55	*	72	13	8	15	12	24
40-59.....	5.5	136	57	48	† 2	74	13	13	16	24	9
60 and over.....	2.5	241	106	84	† 3	130	27	24	26	35	† 18
20 and over.....	14.3	155	67	57	2	83	15	12	17	21	17
All individuals.....	36.8	169	74	65	1	90	20	12	15	20	23

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91



Table 3.5B.--Fruits: Percentages of individuals using, by income level, 1 day, 1989-91

Income level, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
<i>Percent</i> ----- <i>Percent</i>											
Under 131% poverty:											
Males and females:											
1-2.....	1.0	55.7	24.4	21.3	1.7	40.6	9.3	9.8	1.5	9.4	20.1
3-5.....	1.2	60.0	26.2	21.4	2.3	45.0	12.2	7.4	3.2	14.5	18.6
5 and under ‡ .....	2.4	57.8	23.3	19.7	1.9	43.9	11.3	8.0	2.1	13.6	20.4
Males:											
6-11.....	1.1	58.3	24.6	20.4	1.7	47.3	16.4	6.8	2.6	20.4	11.4
12-19.....	1.0	44.3	19.1	17.6	.1	30.6	11.8	5.4	2.5	12.2	2.9
20-39.....	1.6	31.3	15.9	14.2	.6	17.3	6.6	4.3	1.6	5.7	5.0
40-59.....	0.8	25.6	13.3	12.2	.2	15.1	3.6	6.9	2.5	2.9	1.7
60 and over.....	1.0	46.8	18.7	14.7	3.7	34.1	8.8	13.3	5.6	10.6	5.2
20 and over.....	3.4	34.5	16.1	13.9	1.4	21.7	6.5	7.5	3.0	6.5	4.3
Females:											
6-11.....	1.1	60.4	21.9	20.9	2.1	46.2	17.2	6.7	3.9	18.8	11.9
12-19.....	1.2	38.6	20.2	17.0	.4	25.5	7.8	6.4	1.8	7.9	6.2
20-39.....	2.5	34.4	17.0	14.2	.7	22.6	6.6	4.8	2.7	8.5	5.3
40-59.....	1.2	39.6	17.7	13.2	.8	29.5	9.8	9.0	3.9	10.5	2.7
60 and over.....	2.1	57.7	26.6	22.2	3.9	43.9	12.6	16.8	5.0	14.2	7.1
20 and over.....	5.9	43.9	20.6	16.9	1.8	31.7	9.4	10.0	3.8	11.0	5.4
All individuals.....	16.0	45.7	20.3	17.2	1.6	32.9	10.1	8.2	3.1	11.4	8.2
131-350% poverty:											
Males and females:											
1-2.....	1.2	71.5	23.2	19.6	5.9	56.6	13.3	19.1	4.9	23.7	29.0
3-5.....	2.1	64.4	27.2	20.3	3.3	46.2	21.7	9.2	2.7	8.6	20.5
5 and under ‡ .....	3.6	65.4	23.7	18.6	3.9	49.9	17.7	12.9	3.2	15.3	23.1
Males:											
6-11.....	2.3	66.5	27.7	22.8	2.0	51.6	25.7	5.9	4.5	19.7	16.0
12-19.....	2.1	45.3	25.5	23.9	1.4	27.2	10.9	8.5	2.1	10.2	3.4
20-39.....	5.8	38.3	22.5	19.6	.5	21.2	5.7	9.0	2.2	6.4	3.3
40-59.....	2.7	41.5	20.3	16.4	1.1	32.1	7.4	11.3	5.1	12.5	2.4
60 and over.....	2.7	64.5	35.3	28.5	3.3	48.2	14.3	19.3	9.0	19.7	8.2
20 and over.....	11.1	45.4	25.1	21.0	1.3	30.4	8.2	12.0	4.5	11.1	4.2
Females:											
6-11.....	2.1	69.4	35.7	26.9	3.2	54.0	22.1	10.1	2.6	23.5	13.1
12-19.....	2.1	42.9	24.0	21.1	.5	25.8	5.7	5.7	4.7	8.8	7.0
20-39.....	6.0	45.2	21.4	17.7	.7	30.1	8.3	8.1	4.2	11.6	7.7
40-59.....	3.0	52.2	22.3	18.0	1.3	38.6	10.4	13.2	6.9	12.0	5.0
60 and over.....	3.4	73.6	40.4	31.2	3.0	54.7	16.6	21.9	12.8	21.3	7.9
20 and over.....	12.5	54.7	26.9	21.5	1.4	38.9	11.1	13.1	7.2	14.3	7.1
All individuals.....	35.9	53.3	26.3	21.6	1.7	37.6	12.1	11.4	5.1	13.8	8.5

‡ Includes infants under 1.

Continued

Table 3.5B.--Fruits: Percentages of individuals using, by income level, 1 day, 1989-91--continued

Income level, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
<hr/>											
<i>Percent</i>			<i>Percent</i>								
<hr/>											
Over 350% poverty:											
Males and females:											
1-2.....	0.8	83.3	23.5	22.0	0.0	77.1	19.6	37.0	*	24.5	38.4
3-5.....	1.1	68.1	32.4	28.4	.8	52.6	12.7	10.5	7.1	19.8	32.9
5 and under ‡ .....	2.1	74.4	26.7	24.1	.4	63.8	14.9	20.6	3.8	24.5	35.4
Males:											
6-11.....	1.2	63.9	23.4	22.9	.3	46.4	11.9	8.6	7.5	20.6	6.0
12-19.....	1.7	46.4	31.3	28.8	0.0	27.9	9.5	7.6	5.3	9.3	6.4
20-39.....	6.4	44.5	26.4	23.6	2.2	23.7	8.7	5.2	6.3	8.7	4.8
40-59.....	5.8	52.3	23.3	17.1	1.9	37.5	15.9	9.8	9.6	13.0	5.9
60 and over.....	2.6	74.3	45.6	32.9	10.4	52.3	18.9	21.3	12.5	19.8	7.2
20 and over.....	14.8	52.7	28.5	22.7	3.5	34.1	13.3	9.8	8.6	12.3	5.7
Females:											
6-11.....	1.0	73.2	32.5	28.4	0.0	56.7	22.8	8.2	2.4	21.6	30.9
12-19.....	1.7	44.7	24.8	23.9	1.3	30.8	8.0	6.8	3.9	9.1	8.2
20-39.....	6.3	53.8	28.4	23.6	.7	36.4	9.7	7.8	9.7	11.5	8.0
40-59.....	5.5	55.9	27.2	22.3	4.6	40.2	9.5	11.8	10.0	17.5	3.4
60 and over.....	2.5	78.9	53.5	41.1	8.9	61.6	18.1	25.6	17.7	26.1	7.9
20 and over.....	14.3	58.9	32.3	26.1	3.6	42.2	11.1	12.4	11.2	16.3	6.2
All individuals.....	36.8	56.7	29.8	24.6	2.9	39.6	12.3	11.1	8.8	14.8	8.4

\* Value less than 0.05 but greater than 0.

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 3.6A.--Fruits: Mean intakes per individual in a day, by region, 1 day, 1989-91

Region, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
<i>Percent ----- Grams -----</i>											
Northeast:											
Males and females:											
1-2.....	0.6	253	63	42	† 1	189	† 22	† 15	*	† 59	92
3-5.....	1.0	208	83	73	† 1	123	31	† 9	† 5	12	66
5 and under ‡ .....	1.8	216	67	54	† 1	147	26	† 12	† 3	35	71
Males:											
6-11.....	0.8	227	86	74	0	135	32	† 8	† 4	20	† 70
12-19.....	1.2	208	118	101	0	89	24	26	† 11	† 11	† 19
20-39.....	3.3	144	61	58	† 1	79	23	5	† 16	11	† 23
40-59.....	2.3	173	59	46	*	111	31	† 12	16	33	† 19
60 and over.....	1.3	257	85	66	† 2	169	17	22	† 27	† 45	† 58
20 and over.....	6.9	175	65	55	† 1	106	25	11	18	25	28
Females:											
6-11.....	1.0	196	74	† 60	0	117	27	† 11	† 5	† 36	† 38
12-19.....	1.0	187	131	116	*	56	† 11	† 13	† 9	† 8	† 14
20-39.....	3.7	146	64	58	*	77	11	6	† 15	18	27
40-59.....	2.3	164	75	60	† 3	85	17	11	19	21	† 16
60 and over.....	2.1	214	95	71	† 2	116	30	22	15	30	19
20 and over.....	8.0	169	76	62	† 1	89	18	11	16	22	22
All individuals.....	20.7	181	77	64	† 1	101	22	12	14	24	30
Midwest:											
Males and females:											
1-2.....	0.9	194	44	43	† 1	149	† 17	17	† 1	† 28	85
3-5.....	1.1	152	41	38	*	109	† 23	† 11	† 5	17	53
5 and under ‡ .....	2.3	167	39	37	*	127	† 18	12	3	25	68
Males:											
6-11.....	1.3	156	59	57	*	96	31	† 4	† 5	39	† 19
12-19.....	1.4	149	† 83	† 82	*	63	† 17	† 7	† 7	21	† 11
20-39.....	4.0	121	69	66	*	51	17	† 6	† 10	† 11	† 8
40-59.....	2.7	123	40	30	† 1	76	18	11	† 14	26	† 7
60 and over.....	1.4	202	91	83	† 1	106	19	19	22	27	† 19
20 and over.....	8.1	136	63	57	1	69	18	10	13	19	10
Females:											
6-11.....	1.1	182	49	42	0	133	† 27	† 7	† 10	† 57	† 32
12-19.....	1.2	106	55	† 54	*	49	† 14	† 3	† 9	17	† 6
20-39.....	4.4	110	34	29	*	75	15	9	12	15	24
40-59.....	2.8	115	40	35	† 1	73	16	10	† 16	25	† 5
60 and over.....	1.9	184	81	65	† 2	100	17	20	17	30	15
20 and over.....	9.1	127	46	38	1	80	16	12	14	21	17
All individuals.....	24.5	138	54	49	1	82	18	10	12	23	19

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 3.6A.--Fruits: Mean intakes per individual in a day, by region, 1 day, 1989-91--continued

Region, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
<i>Percent</i> ----- <i>Grams</i> -----											
South:											
Males and females:											
1-2.....	1.1	194	41	40	† 1	151	20	† 18	† 4	† 15	† 95
3-5.....	1.6	140	42	38	† 1	89	26	4	† 4	12	43
5 and under ‡ .....	3.0	157	39	36	† 1	113	23	9	† 4	14	64
Males:											
6-11.....	1.7	132	† 34	† 31	*	89	22	† 6	† 7	† 18	† 37
12-19.....	1.8	103	60	60	† 1	41	† 13	† 4	† 3	† 15	† 6
20-39.....	5.2	137	78	67	*	56	† 9	11	† 4	† 15	† 17
40-59.....	3.4	103	57	52	*	46	15	8	† 8	10	† 6
60 and over.....	2.7	160	65	52	† 2	93	† 22	17	14	24	† 15
20 and over.....	11.3	132	68	59	† 1	62	14	12	8	16	13
Females:											
6-11.....	1.5	180	57	47	† 1	122	† 38	† 7	† 3	18	† 56
12-19.....	2.3	116	60	55	*	57	† 7	† 7	† 8	† 8	† 26
20-39.....	5.4	122	59	52	*	59	10	7	† 9	11	22
40-59.....	4.0	116	45	39	† 1	65	10	15	12	19	9
60 and over.....	3.6	175	74	60	† 2	99	18	22	15	28	17
20 and over.....	13.0	135	59	50	1	72	12	13	11	18	17
All individuals.....	34.6	135	59	52	1	73	15	11	8	16	22
West:											
Males and females:											
1-2.....	0.7	208	† 58	† 49	† 3	147	† 16	† 19	† 3	14	† 94
3-5.....	1.1	229	82	66	† 2	131	19	† 10	† 1	† 25	† 76
5 and under ‡ .....	1.9	211	66	54	† 2	133	18	† 12	† 1	21	80
Males:											
6-11.....	1.1	217	† 83	† 74	† 2	124	† 38	† 11	5	34	36
12-19.....	1.0	202	121	† 111	0	79	† 32	† 17	† 5	† 10	† 15
20-39.....	3.3	124	67	63	*	53	11	8	† 9	14	12
40-59.....	2.0	167	52	39	† 1	111	37	17	8	24	† 24
60 and over.....	1.6	275	† 126	† 108	† 9	140	32	20	26	47	† 15
20 and over.....	6.9	171	76	66	† 3	90	23	13	13	25	16
Females:											
6-11.....	0.9	229	87	† 78	† 2	139	36	13	† 6	37	† 47
12-19.....	1.1	152	80	69	*	63	† 17	† 4	† 1	† 18	† 24
20-39.....	3.3	189	89	80	*	99	19	9	† 8	18	† 44
40-59.....	2.2	139	45	35	† 1	93	21	16	† 17	24	14
60 and over.....	1.9	239	94	76	2	142	29	20	31	44	19
20 and over.....	7.4	187	77	66	1	108	22	14	17	27	29
All individuals.....	20.3	186	79	68	2	103	24	13	11	25	30

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 3.6B.—Fruits: Percentages of individuals using, by region, 1 day, 1989-91

Region, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
<hr/>											
Percent		Percent									
Northeast:											
Males and females:											
1-2.....	0.6	72.4	36.2	24.6	.8	63.2	11.2	21.8	.1	31.4	29.7
3-5.....	1.0	67.7	36.6	30.6	2.8	48.6	22.7	9.3	4.4	11.2	22.9
5 and under ‡ .....	1.8	70.1	32.4	25.2	1.8	56.6	17.5	14.7	2.4	23.0	25.0
Males:											
6-11.....	0.8	68.7	39.1	30.8	0.0	53.9	22.4	7.5	2.9	17.6	17.6
12-19.....	1.2	46.9	31.8	31.1	0.0	35.2	14.4	15.2	6.0	6.2	5.5
20-39.....	3.3	44.9	26.7	24.5	1.2	24.9	9.9	4.5	5.0	7.1	8.0
40-59.....	2.3	53.6	23.0	18.1	1.2	42.2	14.9	10.3	10.2	16.7	7.5
60 and over.....	1.3	69.4	42.1	31.4	4.3	50.0	12.6	19.6	12.6	20.8	11.9
20 and over.....	6.9	52.4	28.3	23.6	1.8	35.4	12.1	9.3	8.2	12.9	8.6
Females:											
6-11.....	1.0	71.3	32.8	23.4	0.0	54.9	18.8	12.5	3.8	23.0	14.2
12-19.....	1.0	55.4	36.2	32.7	.4	27.7	6.9	10.6	3.2	7.1	6.5
20-39.....	3.7	49.3	26.3	22.1	.5	29.4	6.6	4.8	7.9	13.0	8.1
40-59.....	2.3	57.0	32.6	24.5	3.3	38.4	10.8	10.6	8.7	13.7	5.2
60 and over.....	2.1	75.2	45.7	34.4	3.9	56.1	19.0	21.8	12.1	19.6	9.3
20 and over.....	8.0	58.2	33.1	26.0	2.2	38.9	11.0	10.8	9.2	14.9	7.6
All individuals.....	20.7	57.5	31.8	25.8	1.6	39.8	12.7	10.8	7.3	14.6	9.9
Midwest:											
Males and females:											
1-2.....	0.9	73.2	21.0	18.9	1.6	60.3	9.6	21.0	1.9	24.4	29.6
3-5.....	1.1	63.4	22.0	18.5	.2	50.1	15.7	10.3	5.7	16.4	25.0
5 and under ‡ .....	2.3	67.0	19.9	17.4	.8	55.4	11.9	13.7	3.6	22.7	26.5
Males:											
6-11.....	1.3	65.5	26.6	26.0	.1	47.9	18.1	3.4	3.8	23.8	8.4
12-19.....	1.4	47.1	26.0	25.6	.1	24.9	7.4	6.9	1.8	12.5	4.2
20-39.....	4.0	36.8	20.8	19.2	1.8	20.6	8.7	4.6	4.0	6.7	2.4
40-59.....	2.7	44.6	17.9	13.3	1.5	32.9	9.9	10.5	9.6	17.0	2.8
60 and over.....	1.4	65.1	37.1	33.7	3.8	43.6	14.6	20.3	11.8	17.5	5.9
20 and over.....	8.1	44.4	22.7	19.8	2.1	28.8	10.2	9.4	7.3	12.1	3.1
Females:											
6-11.....	1.1	69.6	24.7	21.1	0.0	55.4	17.4	6.9	4.5	28.9	13.8
12-19.....	1.2	39.3	18.2	17.4	2.3	27.5	8.2	2.7	4.0	13.3	1.7
20-39.....	4.4	41.4	15.3	12.5	.5	31.2	8.5	8.3	6.6	11.0	8.2
40-59.....	2.8	51.4	21.6	17.2	2.9	42.2	12.3	9.3	11.7	18.0	2.0
60 and over.....	1.9	72.2	43.2	34.0	5.2	51.2	13.0	21.0	11.4	22.6	5.8
20 and over.....	9.1	50.8	23.0	18.4	2.2	38.7	10.6	11.2	9.2	15.5	5.8
All individuals.....	24.5	51.1	22.8	19.7	1.7	36.9	11.0	9.5	6.8	15.8	7.1

‡ Includes infants under 1.

Continued



Table 3.6B.--Fruits: Percentages of individuals using, by region, 1 day, 1989-91--continued

Region, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
	Percent					Percent					
South:											
Males and females:											
1-2.....	1.1	69.1	21.9	20.6	1.8	57.8	17.7	18.2	3.0	11.5	27.2
3-5.....	1.6	59.3	22.8	19.2	1.0	41.9	16.9	4.2	3.9	8.5	17.9
5 and under ‡ .....	3.0	61.9	21.2	18.8	1.2	47.9	17.0	9.6	3.2	10.7	22.2
Males:											
6-11.....	1.7	54.9	15.9	13.4	.7	41.6	17.3	6.0	6.5	13.4	12.9
12-19.....	1.8	35.4	19.3	19.3	2.2	19.6	5.8	4.2	1.8	10.3	1.9
20-39.....	5.2	37.7	23.7	20.1	.6	18.5	4.5	9.5	2.8	5.8	3.7
40-59.....	3.4	42.7	22.7	19.3	.4	26.8	9.3	7.8	5.2	5.5	2.7
60 and over.....	2.7	57.5	32.7	24.1	5.7	40.3	12.3	18.1	5.7	13.5	5.7
20 and over.....	11.3	43.9	25.5	20.8	1.7	26.2	7.8	11.1	4.2	7.5	3.9
Females:											
6-11.....	1.5	56.9	28.0	24.5	3.1	44.8	22.6	6.4	2.7	10.9	18.3
12-19.....	2.3	39.1	20.5	19.3	*	26.7	5.0	6.1	3.9	6.6	10.3
20-39.....	5.4	41.4	22.9	18.3	.7	26.8	7.0	6.9	4.7	8.1	5.6
40-59.....	4.0	48.8	21.9	18.5	3.9	33.2	7.0	13.0	6.5	12.3	4.2
60 and over.....	3.6	63.8	34.9	27.9	4.9	47.6	13.3	21.7	7.8	17.9	7.1
20 and over.....	13.0	49.8	25.9	21.0	2.9	34.5	8.7	12.9	6.1	12.1	5.6
All individuals.....	34.6	48.1	24.3	20.3	2.0	32.4	9.8	10.5	4.7	10.0	7.5
West:											
Males and females:											
1-2.....	0.7	63.8	26.0	19.4	7.8	48.5	14.9	23.0	5.4	20.3	24.4
3-5.....	1.1	68.2	35.8	27.1	5.4	49.0	15.4	14.0	.8	18.6	26.4
5 and under ‡ .....	1.9	65.7	29.4	22.3	5.7	49.3	15.3	15.8	2.3	20.2	25.6
Males:											
6-11.....	1.1	67.7	29.1	24.2	5.1	50.8	20.2	10.1	3.6	23.5	10.7
12-19.....	1.0	52.5	31.4	24.0	0.0	33.7	16.3	6.2	3.3	8.0	5.5
20-39.....	3.3	40.3	21.6	19.5	1.1	24.9	6.0	6.7	4.9	10.9	3.1
40-59.....	2.0	56.3	23.3	16.7	4.0	43.3	21.0	14.6	4.8	14.4	6.5
60 and over.....	1.6	78.2	36.7	27.7	9.9	60.4	20.0	19.2	11.9	27.5	6.2
20 and over.....	6.9	53.7	25.6	20.6	4.0	38.5	13.6	11.9	6.5	15.8	4.8
Females:											
6-11.....	0.9	74.8	35.8	28.4	5.0	56.7	24.8	13.4	2.2	27.7	17.2
12-19.....	1.1	47.5	24.7	19.5	.8	29.5	9.4	4.0	1.5	13.0	8.7
20-39.....	3.3	58.5	31.3	25.5	1.0	40.7	13.1	7.2	6.1	15.1	11.0
40-59.....	2.2	55.6	21.9	15.4	1.3	45.5	13.8	15.9	7.8	16.7	5.8
60 and over.....	1.9	80.0	45.4	33.9	6.1	67.3	21.8	19.7	17.8	28.8	8.9
20 and over.....	7.4	63.1	32.1	24.6	2.4	48.9	15.5	13.0	9.5	19.1	8.9
All individuals.....	20.3	59.6	29.2	22.9	3.3	44.1	15.3	11.9	6.4	17.8	9.4

\* Value less than 0.05 but greater than 0.

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 4.1A.--Milk and milk products: Mean intakes per individual in a day, by sex and age, 1 day, 1989-91

Sex and age (years)	Percentage of population	Total	Total calcium equivalent	Milk and yogurt						Milk desserts	Cheese
				Total	Fluid milk				Yogurt		
					Total	Whole	Low fat	Skim			
<i>Percent ----- Grams -----</i>											
Males and females:											
Under 1.....	0.9	685	388	675	130	83	† 46	0	† 1	† 9	† 1
1-2.....	3.2	430	453	407	386	219	150	† 11	4	15	8
3-5.....	4.8	419	455	388	364	161	171	† 21	† 6	20	9
5 and under.....	9.0	451	447	425	348	174	151	15	5	17	8
Males:											
Under 1.....	0.5	680	355	673	† 95	62	† 33	0	† 1	† 7	*
1-2.....	1.5	464	488	441	424	259	159	† 4	† 5	16	7
3-5.....	2.5	414	452	385	360	167	163	† 24	† 6	19	9
6-11.....	4.9	459	497	423	374	155	193	15	† 3	24	10
12-19.....	5.3	461	520	408	376	145	197	† 22	† 1	32	13
20-29.....	7.3	293	360	249	229	83	113	28	† 3	20	18
30-39.....	8.5	263	332	218	202	74	96	28	† 4	22	17
40-49.....	6.2	223	291	176	164	46	83	33	† 3	26	17
50-59.....	4.2	214	266	170	153	60	63	27	† 5	20	20
60-69.....	3.9	247	282	202	193	58	89	41	† 1	28	11
70-79.....	2.4	277	312	226	213	61	91	57	† 6	34	12
80 and over.....	0.7	215	238	176	172	50	103	† 16	† 2	22	† 10
20 and over.....	33.2	254	313	209	193	66	92	32	3	24	16
Females:											
Under 1.....	0.5	690	423	676	166	† 105	† 60	0	0	† 11	† 3
1-2.....	1.7	400	421	376	352	183	141	† 18	4	† 14	9
3-5.....	2.3	424	458	392	369	155	179	† 19	† 6	21	10
6-11.....	4.6	430	471	384	339	171	146	15	† 5	31	12
12-19.....	5.6	308	363	271	239	97	115	† 16	† 6	20	15
20-29.....	7.7	206	254	179	162	68	61	32	9	13	11
30-39.....	9.1	220	278	182	163	35	98	28	7	20	15
40-49.....	6.7	170	213	142	127	42	54	30	5	14	11
50-59.....	4.5	207	252	174	152	32	68	48	6	16	13
60-69.....	4.6	209	250	169	155	44	72	36	8	23	13
70-79.....	3.0	205	230	171	163	39	80	36	5	21	10
80 and over.....	1.8	253	270	219	211	75	88	46	† 1	23	9
20 and over.....	37.4	206	251	173	156	46	74	34	6	18	12
All individuals.....	100.0	286	332	247	221	83	105	28	5	21	13

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 4.1B.--Milk and milk products: Percentages of individuals using, by sex and age, 1 day, 1989-91

Sex and age (years)	Percentage of population	Total	Milk and yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
<i>Percent                      Percent                      ----- Percent -----</i>										
Males and females:										
Under 1.....	0.9	89.3	85.3	25.4	15.6	9.8	0.0	1.1	12.3	6.6
1-2.....	3.2	94.8	91.8	89.8	50.2	36.6	3.1	2.2	14.6	24.7
3-5.....	4.8	94.6	89.1	86.6	45.3	41.2	5.6	3.6	18.0	25.2
5 and under.....	9.0	94.1	89.7	81.4	43.9	36.3	4.1	2.8	16.2	23.1
Males:										
Under 1.....	0.5	89.4	82.4	16.9	10.8	6.1	0.0	2.1	10.9	1.1
1-2.....	1.5	95.9	93.6	92.2	57.2	34.7	1.0	2.7	17.7	22.2
3-5.....	2.5	93.8	88.2	84.4	43.7	40.0	6.0	3.8	19.1	20.0
6-11.....	4.9	90.2	85.3	79.5	39.8	40.7	4.7	2.6	17.9	24.8
12-19.....	5.3	87.4	74.5	72.4	31.4	39.4	4.8	.7	16.0	27.2
20-29.....	7.3	71.6	55.9	53.3	23.6	22.9	6.9	1.3	10.9	29.0
30-39.....	8.5	71.6	52.2	50.3	20.9	25.4	5.3	1.9	11.0	30.5
40-49.....	6.2	78.1	55.0	52.4	19.9	23.6	10.0	1.5	14.9	27.1
50-59.....	4.2	71.3	55.2	51.9	21.1	23.5	7.6	2.4	13.0	28.9
60-69.....	3.9	79.8	64.5	62.7	20.1	29.3	12.5	.6	17.6	21.4
70-79.....	2.4	81.3	69.8	68.9	20.1	32.1	16.4	2.2	20.9	22.5
80 and over.....	0.7	86.0	73.9	72.9	26.1	36.5	10.1	1.4	21.7	18.6
20 and over.....	33.2	74.7	57.1	54.8	21.3	25.4	8.6	1.6	13.7	27.4
Females:										
Under 1.....	0.5	89.3	88.3	34.3	20.7	13.6	0.0	0.0	13.7	12.4
1-2.....	1.7	93.8	90.1	87.6	43.7	38.3	4.9	1.7	11.7	27.0
3-5.....	2.3	95.5	90.2	89.0	47.0	42.5	5.2	3.5	16.8	30.8
6-11.....	4.6	92.7	86.5	82.2	43.6	38.5	4.5	3.2	21.2	27.7
12-19.....	5.6	77.0	64.0	59.5	28.6	27.1	4.4	3.0	14.2	28.9
20-29.....	7.7	72.5	55.6	52.6	24.5	20.2	8.9	4.0	10.0	27.4
30-39.....	9.1	76.1	60.4	56.8	16.9	30.3	10.6	3.7	13.5	31.2
40-49.....	6.7	71.4	53.2	49.8	20.0	20.4	9.9	3.0	10.9	25.4
50-59.....	4.5	77.7	62.3	59.0	14.5	27.8	16.8	3.4	11.8	26.2
60-69.....	4.6	80.4	62.7	59.9	17.7	27.8	14.5	3.3	16.5	28.5
70-79.....	3.0	81.7	70.9	68.8	18.2	35.4	14.1	3.3	17.4	21.2
80 and over.....	1.8	88.4	74.9	74.3	30.2	31.6	14.5	1.2	19.5	20.6
20 and over.....	37.4	76.3	60.2	57.1	19.6	26.3	11.8	3.4	13.1	27.1
All individuals.....	100.0	79.4	65.2	61.7	25.5	28.9	8.6	2.5	14.4	26.9

NOTE: See \* Table notes.\*

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 4.2A.--Milk and milk products: Mean intakes per individual in a day, by race, 1 day, 1989-91

Race, sex, and age (years)	Percentage of population	Total	Total calcium equivalent	Milk and yogurt						Milk desserts	Cheese
				Total	Fluid milk				Yogurt		
					Total	Whole	Low fat	Skim			
<i>Percent</i> ----- <i>Grams</i> -----											
White:											
Males and females:											
1-2.....	2.3	443	470	415	393	197	176	† 16	6	18	9
3-5.....	3.8	443	475	411	382	159	187	26	† 8	22	9
5 and under ‡ .....	6.8	467	466	438	362	165	171	20	6	20	9
Males:											
6-11.....	3.9	471	509	434	388	129	228	18	† 2	24	10
12-19.....	4.5	484	543	431	397	143	213	† 26	† 1	33	14
20-39.....	13.2	292	363	243	225	80	109	31	4	24	18
40-59.....	9.3	230	297	181	165	50	80	34	† 4	26	20
60 and over.....	6.0	269	305	219	207	56	100	46	† 3	32	12
20 and over.....	28.5	267	329	218	202	65	98	35	4	26	17
Females:											
6-11.....	3.5	452	490	402	356	147	180	20	† 6	35	12
12-19.....	4.1	335	394	292	258	91	133	† 22	† 8	24	16
20-39.....	13.7	227	282	191	171	43	93	35	9	17	14
40-59.....	9.3	201	246	168	148	38	66	42	5	17	12
60 and over.....	8.3	220	252	180	169	41	85	40	6	24	12
20 and over.....	31.3	217	264	181	164	41	83	38	7	19	13
All individuals.....	82.7	297	346	256	229	76	116	32	5	23	14
Black:											
Males and females:											
1-2.....	0.6	306	318	297	291	253	† 25	0	0	† 6	† 3
3-5.....	0.6	249	297	230	227	177	† 26	0	† 1	† 10	† 9
5 and under ‡ .....	1.4	338	318	326	240	202	† 22	0	•	† 7	† 5
Males:											
6-11.....	0.6	416	446	383	348	306	† 38	0	0	† 21	† 8
12-19.....	0.6	336	362	278	257	141	† 111	† 1	0	† 36	† 3
20-39.....	1.7	164	185	152	129	74	† 48	† 1	† 2	† 8	4
40-59.....	0.8	110	120	103	101	66	† 34	•	0	† 5	† 2
60 and over.....	0.8	164	185	137	137	† 67	† 29	† 35	0	† 18	† 9
20 and over.....	3.2	151	170	136	124	70	† 40	† 9	† 1	† 10	5
Females:											
6-11.....	0.8	340	398	311	283	271	† 10	0	† 1	† 16	† 13
12-19.....	1.2	243	292	222	190	112	† 72	0	0	† 9	† 12
20-39.....	2.1	138	180	116	103	88	† 11	† 3	† 2	† 13	9
40-59.....	1.4	89	112	81	66	35	† 24	† 5	† 8	† 3	5
60 and over.....	0.9	192	207	173	166	102	† 27	† 29	† 1	† 13	6
20 and over.....	4.4	133	164	116	104	73	18	† 9	† 4	10	7
All individuals.....	12.3	210	235	190	165	119	35	† 6	† 2	12	7

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91



Table 4.2B.—Milk and milk products: Percentage of individuals using, by race, 1 day, 1989-91

Race, sex, and age (years)	Percentage of population	Total	Milk and yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
			Percent							
White:										
Males and females:										
1-2.....	2.3	96.2	93.1	91.0	45.8	43.0	4.2	3.0	17.4	29.8
3-5.....	3.8	95.6	90.7	87.7	42.4	45.9	6.7	4.4	19.4	26.4
5 and under ‡ .....	6.8	95.4	91.1	82.8	40.8	41.6	5.2	3.7	18.4	25.8
Males:										
6-11.....	3.9	90.2	84.5	80.3	34.5	47.5	5.5	2.1	18.5	25.0
12-19.....	4.5	87.9	76.9	74.4	30.9	42.0	5.6	.8	16.9	28.9
20-39.....	13.2	74.8	56.3	54.0	21.9	26.4	7.0	1.8	12.3	31.5
40-59.....	9.3	78.8	57.2	54.0	19.6	25.1	10.0	2.0	15.1	30.0
60 and over.....	6.0	83.1	68.3	66.7	19.5	33.6	14.5	1.4	21.1	22.6
20 and over.....	28.5	77.9	59.1	56.7	20.6	27.5	9.5	1.8	15.1	29.1
Females:										
6-11.....	3.5	93.7	87.9	83.9	37.7	46.1	5.8	4.1	23.0	27.8
12-19.....	4.1	81.3	66.6	62.5	25.2	31.9	5.9	3.9	17.1	33.1
20-39.....	13.7	77.0	60.7	57.0	17.7	29.4	11.5	4.3	12.6	30.0
40-59.....	9.3	77.1	58.8	55.5	16.4	25.4	14.4	3.2	12.5	27.1
60 and over.....	8.3	83.7	68.0	66.1	18.0	33.3	15.1	3.2	18.2	26.0
20 and over.....	31.3	78.8	62.1	59.0	17.4	29.2	13.3	3.7	14.0	28.1
All individuals.....	82.7	81.6	66.7	63.2	23.2	32.1	9.9	2.8	15.7	28.4
Black:										
Males and females:										
1-2.....	0.6	87.2	84.6	84.2	66.6	10.3	0.0	0.0	5.9	7.7
3-5.....	0.6	87.8	76.7	76.1	58.6	10.2	0.0	.7	11.9	25.5
5 and under ‡ .....	1.4	86.9	80.9	72.2	57.0	8.9	0.0	.3	7.7	14.5
Males:										
6-11.....	0.6	85.6	82.5	76.7	68.6	7.8	0.0	0.0	17.2	13.2
12-19.....	0.6	83.7	63.8	63.0	34.9	27.3	.2	0.0	13.4	8.9
20-39.....	1.7	49.2	39.4	37.1	24.3	9.8	.3	.8	3.8	12.6
40-59.....	0.8	40.7	35.8	35.8	27.8	9.4	.1	0.0	4.6	5.1
60 and over.....	0.8	66.3	61.4	61.4	28.1	13.3	9.3	0.0	7.1	14.9
20 and over.....	3.2	51.4	44.0	42.8	26.1	10.6	2.5	.4	4.8	11.4
Females:										
6-11.....	0.8	87.7	78.5	73.5	70.5	2.6	0.0	.3	14.5	30.5
12-19.....	1.2	62.8	56.8	50.1	37.2	14.1	0.0	0.0	6.5	15.0
20-39.....	2.1	63.1	44.5	41.7	34.7	4.2	1.0	1.0	9.0	27.4
40-59.....	1.4	54.3	44.1	39.7	25.4	9.6	2.8	4.2	3.1	12.2
60 and over.....	0.9	70.5	64.3	63.6	35.7	13.7	11.2	.8	10.1	11.1
20 and over.....	4.4	61.7	48.4	45.5	31.9	7.9	3.6	2.0	7.3	19.2
All individuals.....	12.3	66.1	56.3	52.6	38.3	9.9	2.0	.9	7.9	16.1

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91



Table 4.3A.--Milk and milk products: Mean intakes per individual in a day, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1989-91

FSP participation, sex, and age (years)	Percentage of population	Total	Total calcium equivalent	Milk and yogurt						Milk desserts	Cheese
				Total	Fluid milk				Yogurt		
					Total	Whole	Low fat	Skim			
<i>Percent ----- Grams -----</i>											
Participating:											
Males and females:											
1-2.....	0.5	413	435	402	392	319	54	† 10	† 1	† 6	5
3-5.....	0.6	351	374	341	325	237	71	† 8	0	† 4	6
5 and under ‡ .....	1.3	429	399	419	321	250	55	† 8	*	5	5
Males:											
6-11.....	0.5	457	489	435	390	282	73	† 16	0	† 9	† 10
12-19.....	0.3	375	393	351	317	170	139	† 7	0	† 18	† 6
20-39.....	0.5	291	345	253	230	150	78	† 2	0	† 17	18
40-59.....	0.2	† 174	† 191	† 162	† 162	† 67	† 94	† 0	† 0	† 6	† 5
60 and over.....	0.2	† 250	† 265	† 243	† 243	† 99	† 120	† 9	† 0	† 4	† 3
20 and over.....	0.8	255	293	230	216	120	90	† 3	0	† 12	12
Females:											
6-11.....	0.5	408	431	374	352	277	58	† 8	0	† 18	† 7
12-19.....	0.5	241	267	223	208	148	44	† 5	† 1	† 10	† 9
20-39.....	1.2	189	234	167	155	100	47	† 6	† 3	10	11
40-59.....	0.4	184	206	172	162	73	41	† 44	† 1	† 4	7
60 and over.....	0.4	203	232	180	174	97	62	† 12	† 4	† 12	9
20 and over.....	2.0	191	228	171	160	94	49	† 15	† 3	9	10
All individuals.....	5.9	308	327	288	252	173	64	† 10	1	10	8
Not participating:											
Males and females:											
1-2.....	0.4	405	418	386	359	252	86	† 6	† 2	13	† 7
3-5.....	0.6	426	450	401	374	231	131	† 7	† 9	17	8
5 and under ‡ .....	1.1	445	433	424	343	227	102	† 6	† 5	14	7
Males:											
6-11.....	0.6	438	453	417	361	214	132	0	† 1	16	4
12-19.....	0.6	399	449	361	328	200	103	† 2	0	† 23	14
20-39.....	1.2	261	317	229	205	86	98	† 17	† 4	13	15
40-59.....	0.6	208	274	163	160	100	53	† 5	† 2	† 16	† 24
60 and over.....	0.8	217	238	185	180	86	70	23	† 2	18	7
20 and over.....	2.6	235	282	200	187	89	79	† 16	† 3	15	15
Females:											
6-11.....	0.6	353	377	319	292	140	138	† 9	† 1	26	7
12-19.....	0.6	290	326	261	230	141	80	† 1	† 1	19	10
20-39.....	1.4	213	254	187	168	78	73	† 11	† 7	13	10
40-59.....	0.9	172	205	146	138	79	46	† 11	*	12	12
60 and over.....	1.7	204	224	180	169	69	75	18	† 6	14	8
20 and over.....	3.9	200	230	175	162	74	68	14	5	13	10
All individuals.....	10.1	277	307	248	222	119	85	11	3	16	10

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 4.3B.--Milk and milk products: Percentages of individuals using, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1989-91

FSP participation, sex, and age (years)	Percentage of population	Total	Milk and yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
			Percent							
Participating:										
Males and females:										
1-2.....	0.5	90.7	86.5	85.7	67.2	10.6	1.8	.3	6.6	15.0
3-5.....	0.6	90.9	86.4	86.4	64.1	16.7	2.2	0.0	4.6	19.5
5 and under ‡ .....	1.3	90.4	86.6	77.1	59.2	12.1	1.7	.1	5.3	15.1
Males:										
6-11.....	0.5	92.2	89.6	84.6	67.1	15.8	2.7	0.0	8.3	17.0
12-19.....	0.3	83.9	70.1	67.4	44.8	22.3	.8	0.0	7.8	12.8
20-39.....	0.5	71.2	53.4	50.5	35.4	13.7	.6	0.0	9.2	27.8
40-59.....	0.2	50.1	41.2	41.2	22.2	15.7	0.0	0.0	4.4	12.2
60 and over.....	0.2	72.3	66.8	66.8	31.1	27.4	2.1	0.0	2.4	8.2
20 and over.....	0.8	66.4	53.1	51.5	31.4	16.8	.8	0.0	6.7	20.3
Females:										
6-11.....	0.5	88.1	83.9	80.9	65.5	13.5	2.9	0.0	13.4	16.8
12-19.....	0.5	67.8	56.4	54.0	41.4	9.4	2.0	1.0	7.3	23.0
20-39.....	1.2	66.4	53.8	51.4	34.9	12.3	2.2	1.2	6.6	24.3
40-59.....	0.4	57.4	48.4	47.1	24.2	13.5	5.8	.4	2.8	14.0
60 and over.....	0.4	71.1	64.3	61.2	32.7	22.8	5.0	1.8	12.4	17.3
20 and over.....	2.0	65.5	54.8	52.4	32.3	14.6	3.4	1.2	7.0	20.9
All individuals.....	5.9	76.6	68.0	63.9	45.4	14.4	2.3	.5	7.3	18.6
Not participating:										
Males and females:										
1-2.....	0.4	95.9	89.6	87.3	63.2	20.2	1.4	1.3	15.6	16.7
3-5.....	0.6	93.5	90.7	87.6	57.1	33.0	3.5	4.7	14.2	17.2
5 and under ‡ .....	1.1	93.4	89.5	81.4	56.3	25.0	2.4	3.0	13.7	15.8
Males:										
6-11.....	0.6	89.9	85.3	76.2	51.1	32.9	0.0	1.2	13.7	14.3
12-19.....	0.6	82.2	71.3	69.1	46.0	22.4	.4	0.0	10.8	26.2
20-39.....	1.2	66.5	53.6	48.8	27.2	19.2	3.4	1.4	5.9	24.9
40-59.....	0.6	70.3	56.8	56.6	36.5	17.2	2.4	1.5	8.9	20.6
60 and over.....	0.8	70.6	60.0	58.9	31.4	20.7	7.8	1.3	11.0	13.4
20 and over.....	2.6	68.7	56.4	53.8	30.7	19.2	4.6	1.4	8.2	20.2
Females:										
6-11.....	0.6	88.1	76.6	73.3	39.3	40.6	1.4	.8	22.8	19.0
12-19.....	0.6	80.2	68.4	63.4	43.1	17.6	.3	1.0	12.2	23.4
20-39.....	1.4	67.6	55.5	52.3	27.1	20.7	2.7	3.5	8.3	22.0
40-59.....	0.9	67.7	54.7	52.8	31.9	17.0	4.5	.1	8.0	22.0
60 and over.....	1.7	76.7	67.3	65.5	28.9	28.5	8.8	3.0	11.5	17.1
20 and over.....	3.9	71.6	60.5	58.2	28.9	23.3	5.8	2.6	9.6	19.8
All individuals.....	10.1	76.5	66.2	62.6	36.2	23.6	3.8	1.9	11.0	19.7

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 4.4A.--Milk and milk products: Mean intakes per individual in a day, by poverty status, 1 day, 1989-91

Poverty status, sex, and age (years)	Percentage of population	Total	Total calcium equivalent	Milk and yogurt						Milk desserts	Cheese
				Total	Fluid milk				Yogurt		
					Total	Whole	Low fat	Skim			
<i>Percent ----- Grams -----</i>											
Under 100% poverty:											
Males and females:											
1-2.....	0.8	402	415	386	372	297	58	† 7	† 1	10	5
3-5.....	0.8	368	390	351	333	229	89	† 6	† 2	10	6
5 and under ‡ .....	1.9	422	396	407	318	239	65	† 5	† 1	9	5
Males:											
6-11.....	0.7	456	481	432	390	265	96	† 11	† 1	14	† 7
12-19.....	0.7	390	426	357	316	183	111	† 5	0	22	11
20-39.....	1.1	244	295	213	190	109	77	† 3	† 2	12	17
40-59.....	0.5	205	280	168	167	89	74	† 1	*	† 12	† 23
60 and over.....	0.5	206	218	183	178	82	77	† 16	† 1	† 10	† 6
20 and over.....	2.1	226	273	195	182	98	76	6	† 1	12	16
Females:											
6-11.....	0.8	394	420	359	339	229	97	† 5	*	22	7
12-19.....	0.9	277	310	252	228	149	64	† 3	† 1	15	9
20-39.....	1.9	199	241	176	162	96	58	† 5	† 6	11	10
40-59.....	0.8	171	197	152	141	79	46	† 12	*	† 7	10
60 and over.....	1.2	210	235	186	179	84	79	14	† 6	13	9
20 and over.....	3.9	197	230	174	163	88	62	9	5	11	10
All individuals.....	11.0	290	315	265	235	148	73	7	2	13	10
100% poverty and over:											
Males and females:											
1-2.....	2.3	426	452	400	377	179	181	† 14	5	17	9
3-5.....	3.5	423	462	390	367	138	192	† 25	† 7	22	10
5 and under ‡ .....	6.3	446	453	417	350	146	178	† 19	6	20	9
Males:											
6-11.....	3.9	469	511	430	381	139	217	13	† 4	25	11
12-19.....	4.1	483	538	425	392	136	218	† 24	† 2	36	13
20-39.....	12.7	287	356	241	222	76	110	31	4	22	17
40-59.....	8.7	221	284	174	160	50	75	33	† 4	24	19
60 and over.....	5.7	269	303	221	210	59	96	50	† 3	31	11
20 and over.....	27.2	262	322	216	199	64	95	36	4	24	16
Females:											
6-11.....	3.4	436	480	385	333	153	155	† 18	† 6	36	13
12-19.....	4.0	322	387	282	246	82	132	† 21	† 8	21	16
20-39.....	13.0	213	270	178	159	42	84	31	7	18	14
40-59.....	9.0	189	234	157	138	36	60	39	6	16	11
60 and over.....	6.8	218	251	178	167	41	81	41	4	25	11
20 and over.....	28.8	207	254	171	154	40	76	36	6	19	13
All individuals.....	77.7	289	338	248	223	74	112	31	5	23	14

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 4.4B.--Milk and milk products: Percentages of individuals using, by poverty status, 1 day, 1989-91

Poverty status, sex, and age (years)	Percentage of population	Total	Milk and yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
	Percent	Percent	Percent							
Under 100% poverty:										
Males and females:										
1-2.....	0.8	92.0	86.7	85.3	66.7	12.8	1.2	.5	12.2	13.5
3-5.....	0.8	91.0	87.8	86.5	61.5	22.1	1.5	1.5	9.8	18.6
5 and under ‡ .....	1.9	90.5	86.8	77.6	58.5	15.4	1.2	.9	10.0	14.2
Males:										
6-11.....	0.7	91.7	87.7	81.2	61.1	20.4	1.9	.6	12.7	12.9
12-19.....	0.7	82.4	71.3	68.3	43.7	22.5	.6	0.0	10.4	17.0
20-39.....	1.1	64.7	51.6	47.1	29.7	15.9	1.9	.7	5.9	23.2
40-59.....	0.5	68.0	56.8	56.5	34.5	19.0	.8	.9	6.5	20.3
60 and over.....	0.5	65.1	57.4	57.0	30.1	19.1	6.7	.8	5.6	10.3
20 and over.....	2.1	65.6	54.2	51.7	30.9	17.4	2.8	.8	5.9	19.4
Females:										
6-11.....	0.8	87.7	82.0	79.7	56.8	25.7	1.9	.2	18.7	16.9
12-19.....	0.9	75.1	63.5	60.0	42.7	13.7	1.1	.9	10.2	23.5
20-39.....	1.9	66.1	54.8	51.9	32.5	16.5	1.7	2.8	6.5	22.3
40-59.....	0.8	64.2	54.7	52.1	30.1	16.4	4.1	.2	3.7	18.0
60 and over.....	1.2	75.4	67.9	66.7	33.7	27.3	6.7	3.1	11.7	17.6
20 and over.....	3.9	68.6	58.9	56.6	32.4	19.9	3.8	2.3	7.6	19.9
All individuals.....	11.0	76.0	67.4	63.5	41.7	18.7	2.5	1.3	9.2	18.3
100% poverty and over:										
Males and females:										
1-2.....	2.3	95.6	93.2	91.2	43.9	45.1	3.9	2.7	16.2	28.2
3-5.....	3.5	95.5	89.0	86.5	41.2	45.7	6.6	3.8	21.0	25.6
5 and under ‡ .....	6.3	95.1	90.1	83.0	39.5	42.9	5.1	3.2	19.1	25.2
Males:										
6-11.....	3.9	89.9	84.7	79.8	36.5	44.5	5.2	3.0	18.7	27.3
12-19.....	4.1	87.9	76.4	74.4	29.1	43.9	5.7	.9	18.0	25.3
20-39.....	12.7	72.7	54.8	52.5	20.8	25.8	6.6	1.8	11.4	31.3
40-59.....	8.7	76.7	55.9	52.5	20.2	23.9	9.5	2.2	14.6	29.3
60 and over.....	5.7	83.3	70.1	68.4	20.6	32.9	14.3	1.4	20.2	22.0
20 and over.....	27.2	76.2	58.4	55.9	20.5	26.7	9.2	1.8	14.3	28.7
Females:										
6-11.....	3.4	94.0	87.3	82.7	40.5	41.3	5.4	4.2	23.2	28.4
12-19.....	4.0	77.0	63.9	59.4	24.5	31.1	5.1	3.6	15.2	31.2
20-39.....	13.0	76.2	58.7	55.1	18.7	27.4	10.4	3.6	13.0	31.8
40-59.....	9.0	75.7	57.6	54.5	17.0	24.2	13.8	3.4	11.9	26.3
60 and over.....	6.8	84.0	68.3	66.5	18.5	32.3	15.6	2.5	18.7	26.2
20 and over.....	28.8	77.9	60.6	57.6	18.1	27.6	12.7	3.3	14.0	28.8
All individuals.....	77.7	80.5	65.6	62.3	23.5	31.0	9.4	2.7	15.4	28.3

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91



Table 4.5A.--Milk and milk products: Mean intakes per individual in a day, by income level, 1 day, 1989-91

Income level, sex, and age (years)	Percentage of population	Total	Total calcium equivalent	Milk and yogurt						Milk desserts	Cheese
				Total	Fluid milk				Yogurt		
					Total	Whole	Low fat	Skim			
<div>Percent</div> <div>Grams</div>											
Under 131% poverty:											
Males and females:											
1-2.....	1.0	410	427	394	378	289	68	† 8	† 1	9	6
3-5.....	1.2	388	412	371	350	235	101	† 7	† 5	10	7
5 and under ‡ .....	2.4	437	415	422	331	240	77	† 7	† 3	9	6
Males:											
6-11.....	1.1	447	470	425	375	246	104	† 7	† 1	13	† 7
12-19.....	1.0	390	429	357	324	189	116	† 4	0	21	12
20-39.....	1.6	269	325	236	212	104	92	† 13	† 3	14	16
40-59.....	0.8	200	254	163	160	92	63	† 4	† 1	† 13	† 20
60 and over.....	1.0	222	242	194	190	88	78	21	† 1	16	7
20 and over.....	3.4	240	284	207	194	96	81	† 13	† 2	15	14
Females:											
6-11.....	1.1	378	402	345	320	203	101	† 9	† 1	22	7
12-19.....	1.2	269	300	244	220	144	64	† 3	† 1	15	9
20-39.....	2.5	202	245	178	162	88	61	† 8	5	12	10
40-59.....	1.2	176	206	154	146	77	44	† 22	*	9	10
60 and over.....	2.1	204	226	180	170	74	73	17	5	13	8
20 and over.....	5.9	197	230	173	161	81	61	14	4	12	10
All individuals.....	16.0	288	314	263	233	139	77	11	3	14	10
131-350% poverty:											
Males and females:											
1-2.....	1.2	432	445	404	384	184	187	† 10	† 1	21	7
3-5.....	2.1	411	448	378	362	115	196	† 31	† 8	23	10
5 and under ‡ .....	3.6	439	442	409	352	136	182	† 21	† 5	22	8
Males:											
6-11.....	2.3	490	532	449	392	150	214	14	† 3	26	12
12-19.....	2.1	474	527	410	372	117	215	† 18	† 1	35	13
20-39.....	5.8	235	290	195	177	68	95	† 9	† 5	19	15
40-59.....	2.7	237	296	195	184	80	87	15	† 4	22	16
60 and over.....	2.7	280	315	233	217	68	94	48	† 5	30	13
20 and over.....	11.1	246	298	204	189	71	93	20	4	23	14
Females:											
6-11.....	2.1	458	514	404	340	173	140	† 16	† 9	36	14
12-19.....	2.1	320	387	280	243	85	114	† 25	† 2	17	19
20-39.....	6.0	205	253	170	152	52	78	21	† 6	19	13
40-59.....	3.0	198	233	170	151	57	64	28	7	16	9
60 and over.....	3.4	228	262	188	178	53	89	32	† 3	24	13
20 and over.....	12.5	210	250	175	159	54	78	26	5	20	12
All individuals.....	35.9	299	343	259	231	86	116	22	5	23	13

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

Continued



Table 4.5A.--Milk and milk products: Mean intakes per individual in a day, by income level, 1 day, 1989-91--continued

Income level, sex, and age (years)	Percentage of population	Total	Total calcium equivalent	Milk and yogurt						Milk desserts	Cheese
				Total	Fluid milk				Yogurt		
					Total	Whole	Low fat	Skim			
<div>Percent</div> <div>----- Grams -----</div>											
Over 350% poverty:											
Males and females:											
1-2.....	0.8	† 415	† 456	† 388	† 361	† 154	† 188	† 19	† 12	† 15	† 12
3-5.....	1.1	440	488	404	367	148	203	† 16	† 4	23	† 10
5 and under ‡ .....	2.1	446	463	417	342	139	187	† 16	† 7	18	10
Males:											
6-11.....	1.2	440	489	400	370	99	252	† 16	† 6	† 28	11
12-19.....	1.7	510	569	455	424	† 148	237	† 34	† 3	42	12
20-39.....	6.4	331	411	279	259	82	121	50	† 3	24	20
40-59.....	5.8	215	282	166	149	34	70	43	† 5	25	20
60 and over.....	2.6	262	298	213	203	43	102	56	† 2	34	9
20 and over.....	14.8	274	341	223	206	56	98	48	3	26	18
Females:											
6-11.....	1.0	† 423	† 449	† 368	† 339	† 113	† 202	† 24	† 1	† 39	† 14
12-19.....	1.7	337	405	295	259	73	166	† 18	† 16	27	14
20-39.....	6.3	222	287	184	165	30	91	43	8	18	16
40-59.....	5.5	184	236	150	130	22	60	45	† 6	17	13
60 and over.....	2.5	211	248	168	155	† 17	75	61	† 7	30	10
20 and over.....	14.3	205	261	168	150	25	76	47	7	20	14
All individuals.....	36.8	280	338	236	213	57	112	42	6	24	15

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 4.5B.—Milk and milk products: Percentage of individuals using, by income level, 1 day, 1989-91

Income level, sex, and age (years)	Percentage of population	Total	Milk and yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
<i>Percent                      Percent                      ----- Percent -----</i>										
<b>Under 131% poverty:</b>										
<b>Males and females:</b>										
1-2.....	1.0	93.0	87.9	86.4	65.4	14.9	1.6	.8	10.6	15.8
3-5.....	1.2	92.2	88.5	87.0	60.7	24.8	2.8	2.3	9.3	18.4
5 and under ‡ .....	2.4	91.8	88.0	79.1	57.8	18.1	2.0	1.4	9.2	15.4
<b>Males:</b>										
6-11.....	1.1	91.0	87.3	80.2	58.6	24.9	1.3	.6	11.1	15.5
12-19.....	1.0	82.8	70.9	68.5	45.6	22.3	.6	0.0	9.7	21.4
20-39.....	1.6	67.8	53.6	49.3	29.5	17.7	2.6	1.0	6.8	25.7
40-59.....	0.8	65.4	53.0	52.8	33.1	16.8	1.8	1.1	7.8	18.6
60 and over.....	1.0	70.8	61.1	60.1	31.4	21.7	6.9	1.1	9.6	12.5
20 and over.....	3.4	68.1	55.6	53.3	30.9	18.7	3.7	1.1	7.9	20.2
<b>Females:</b>										
6-11.....	1.1	88.1	79.9	76.8	51.4	28.1	2.1	.4	18.5	18.0
12-19.....	1.2	74.6	63.1	59.2	42.4	14.0	1.1	1.0	10.0	23.3
20-39.....	2.5	67.1	54.7	51.9	30.7	16.8	2.5	2.5	7.5	23.1
40-59.....	1.2	64.4	52.7	51.0	29.5	15.9	4.9	.2	6.4	19.5
60 and over.....	2.1	75.7	66.7	64.7	29.6	27.4	8.1	2.8	11.7	17.1
20 and over.....	5.9	69.6	58.6	56.3	30.1	20.4	5.0	2.1	8.7	20.2
All individuals.....	16.0	76.5	66.9	63.1	39.6	20.2	3.3	1.4	9.6	19.3
<b>131-350% poverty:</b>										
<b>Males and females:</b>										
1-2.....	1.2	93.8	93.3	92.3	45.7	46.3	2.0	.7	22.0	23.7
3-5.....	2.1	95.4	88.9	85.8	38.4	45.0	7.7	4.2	22.7	24.6
5 and under ‡ .....	3.6	94.4	89.5	83.0	38.7	42.8	5.1	2.6	23.1	23.5
<b>Males:</b>										
6-11.....	2.3	89.0	85.1	81.7	39.2	44.2	5.6	3.2	18.9	26.9
12-19.....	2.1	90.9	78.3	75.9	27.4	45.5	3.8	.8	18.4	25.8
20-39.....	5.8	68.4	49.9	47.9	20.9	23.7	2.2	2.2	10.2	29.2
40-59.....	2.7	76.4	61.1	58.5	27.4	27.2	4.6	2.0	11.4	27.2
60 and over.....	2.7	85.4	74.3	71.7	23.9	34.1	13.3	1.7	18.8	26.6
20 and over.....	11.1	74.4	58.5	56.2	23.2	27.1	5.5	2.0	12.6	28.1
<b>Females:</b>										
6-11.....	2.1	96.1	88.4	82.7	46.0	37.2	4.0	6.3	23.1	31.1
12-19.....	2.1	76.5	62.4	56.0	19.4	29.6	6.3	1.4	11.6	31.1
20-39.....	6.0	77.2	56.4	54.0	21.1	26.2	6.7	2.6	12.1	31.7
40-59.....	3.0	73.5	58.7	55.6	24.5	22.1	9.2	4.0	11.9	22.9
60 and over.....	3.4	85.1	69.8	68.4	22.3	32.4	12.3	1.9	16.6	26.0
20 and over.....	12.5	78.5	60.6	58.3	22.2	27.0	8.8	2.7	13.3	28.0
All individuals.....	35.9	81.2	67.3	64.0	26.8	31.6	6.5	2.5	15.2	27.7

‡ Includes infants under 1.

Continued

Table 4.5B.--Milk and milk products: Percentage of individuals using, by income level, 1 day, 1989-91--continued

Income level, sex, and age (years)	Percentage of population	Total	Milk and yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
<hr/>										
	Percent	Percent	<hr/> Percent <hr/>							
Over 350% poverty:										
Males and females:										
1-2.....	0.8	97.7	93.3	89.7	37.7	48.2	6.8	5.8	10.5	35.5
3-5.....	1.1	95.8	88.7	87.4	41.4	51.4	4.6	2.7	21.6	29.7
5 and under ‡ .....	2.1	95.9	90.5	82.7	36.7	47.3	5.1	4.2	15.5	29.7
Males:										
6-11.....	1.2	91.7	83.5	76.7	26.4	48.4	5.9	3.3	21.6	30.1
12-19.....	1.7	84.8	75.1	73.3	27.8	45.6	9.0	1.1	19.1	23.6
20-39.....	6.4	76.4	58.9	56.6	20.1	28.0	10.7	1.4	12.7	33.1
40-59.....	5.8	77.6	54.0	50.0	16.3	22.9	12.0	2.3	16.3	31.0
60 and over.....	2.6	82.2	66.7	65.9	14.7	33.1	16.8	1.1	22.8	18.5
20 and over.....	14.8	77.9	58.3	55.6	17.7	26.9	12.3	1.7	15.9	29.8
Females:										
6-11.....	1.0	91.1	89.1	86.9	29.1	52.8	9.2	.8	25.2	25.0
12-19.....	1.7	78.2	66.1	64.1	28.6	35.3	4.2	6.8	20.6	32.7
20-39.....	6.3	76.0	61.2	56.5	15.6	29.6	14.6	4.8	14.1	32.6
40-59.....	5.5	77.7	57.7	54.3	12.1	26.0	16.8	3.2	12.0	28.4
60 and over.....	2.5	85.2	67.3	65.6	11.1	33.7	22.1	3.6	24.2	29.9
20 and over.....	14.3	78.2	60.9	57.2	13.5	28.9	16.8	4.0	15.0	30.5
All individuals.....	36.8	80.2	64.0	60.5	18.7	31.5	12.8	3.0	16.3	29.8

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 4.6A.--Milk and milk products: Mean intakes per individual in a day, by region, 1 day, 1989-91

Region, sex, and age (years)	Percentage of population	Total	Total calcium equivalent	Milk and yogurt						Milk desserts	Cheese
				Total	Fluid milk				Yogurt		
					Total	Whole	Low fat	Skim			
Percent ----- Grams -----											
Northeast:											
Males and females:											
1-2.....	0.6	495	517	481	460	372	65	† 15	† 5	† 7	† 7
3-5.....	1.0	457	493	429	404	311	77	† 13	† 12	20	† 7
5 and under ‡ .....	1.8	493	488	472	395	314	65	† 12	† 8	14	† 6
Males:											
6-11.....	0.8	418	446	391	301	183	† 101	† 15	0	† 19	† 7
12-19.....	1.2	412	498	362	338	113	213	† 11	0	† 32	17
20-39.....	3.3	257	337	216	184	86	53	† 42	† 6	19	17
40-59.....	2.3	195	274	145	140	59	49	† 26	† 4	28	19
60 and over.....	1.3	263	298	213	199	97	59	† 39	† 4	33	† 14
20 and over.....	6.9	238	308	192	172	79	53	36	† 5	24	17
Females:											
6-11.....	1.0	447	487	407	345	257	† 81	† 4	† 3	25	15
12-19.....	1.0	382	445	349	309	124	164	† 13	† 2	18	14
20-39.....	3.7	220	273	189	166	81	53	30	10	15	12
40-59.....	2.3	178	222	145	124	45	53	24	† 5	18	12
60 and over.....	2.1	205	241	170	160	62	62	† 35	† 5	22	11
20 and over.....	8.0	204	250	172	153	66	55	30	7	18	12
All individuals.....	20.7	280	332	243	213	111	72	27	5	21	13
Midwest:											
Males and females:											
1-2.....	0.9	416	450	386	358	174	161	† 20	† 1	† 17	12
3-5.....	1.1	449	497	416	400	128	228	† 41	† 2	20	13
5 and under ‡ .....	2.3	473	472	444	356	138	187	† 28	† 1	† 17	11
Males:											
6-11.....	1.3	530	585	477	426	152	235	† 22	† 6	† 36	14
12-19.....	1.4	491	530	447	416	101	256	† 51	† 3	31	11
20-39.....	4.0	367	443	310	299	† 78	179	† 35	† 1	27	22
40-59.....	2.7	264	314	223	197	40	106	† 52	† 7	† 21	17
60 and over.....	1.4	244	283	192	187	26	119	† 37	† 4	31	15
20 and over.....	8.1	311	372	260	245	56	144	41	† 4	25	19
Females:											
6-11.....	1.1	471	514	420	386	107	252	† 21	0	36	12
12-19.....	1.2	374	434	331	307	60	209	† 31	† 2	† 22	† 19
20-39.....	4.4	254	317	221	194	30	122	41	12	16	14
40-59.....	2.8	210	245	181	161	† 20	77	61	† 9	16	10
60 and over.....	1.9	224	251	178	169	14	106	42	† 5	24	14
20 and over.....	9.1	234	281	200	179	24	105	47	10	18	13
All individuals.....	24.5	330	378	288	260	62	153	40	5	23	15

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 4.6A.--Milk and milk products: Mean intakes per individual in a day, by region, 1 day, 1989-91--continued

Region, sex, and age (years)	Percentage of population	Total	Total calcium equivalent	Milk and yogurt						Milk desserts	Cheese
				Total	Fluid milk				Yogurt		
					Total	Whole	Low fat	Skim			
<i>Percent</i> ----- <i>Grams</i> -----											
South:											
Males and females:											
1-2.....	1.1	390	405	373	352	233	105	† 9	† 8	13	4
3-5.....	1.6	384	404	357	321	140	136	† 19	† 5	20	6
5 and under ‡ .....	3.0	411	401	388	312	166	117	† 13	† 5	17	5
Males:											
6-11.....	1.7	448	483	417	369	199	139	† 14	† 3	18	9
12-19.....	1.8	455	501	390	359	217	101	† 11	† 1	35	10
20-39.....	5.2	226	283	186	174	96	51	† 22	2	18	15
40-59.....	3.4	173	242	128	120	51	48	† 18	† 2	21	19
60 and over.....	2.7	244	268	203	195	69	69	52	† 2	27	10
20 and over.....	11.3	215	267	173	163	76	54	28	† 2	21	15
Females:											
6-11.....	1.5	372	405	321	273	180	† 56	† 21	† 1	† 34	† 11
12-19.....	2.3	237	289	202	178	111	41	† 9	† 6	18	12
20-39.....	5.4	169	217	139	127	48	57	21	† 4	14	13
40-59.....	4.0	171	207	144	128	47	51	27	2	14	10
60 and over.....	3.6	224	250	192	181	69	67	42	† 7	20	10
20 and over.....	13.0	185	223	155	142	54	58	28	4	16	11
All individuals.....	34.6	252	292	216	194	95	67	24	3	20	12
West:											
Males and females:											
1-2.....	0.7	456	479	424	413	114	290	† 1	† 2	† 23	8
3-5.....	1.1	407	455	372	357	97	247	† 11	† 8	20	† 13
5 and under ‡ .....	1.9	449	454	418	351	101	239	† 7	† 6	20	10
Males:											
6-11.....	1.1	419	448	388	371	† 70	287	† 9	† 3	20	10
12-19.....	1.0	488	564	441	396	† 115	264	† 13	0	30	17
20-39.....	3.3	267	335	228	206	42	149	† 14	† 6	† 21	15
40-59.....	2.0	265	310	217	198	63	106	† 29	† 3	† 27	17
60 and over.....	1.6	272	316	225	212	37	129	41	† 1	31	8
20 and over.....	6.9	268	323	224	205	47	132	25	† 4	25	14
Females:											
6-11.....	0.9	454	504	415	381	142	228	† 11	† 17	27	10
12-19.....	1.1	318	366	278	230	83	124	† 18	† 16	23	16
20-39.....	3.3	226	277	187	173	45	97	† 30	† 6	22	14
40-59.....	2.2	186	256	152	137	† 36	61	† 39	† 6	13	16
60 and over.....	1.9	205	246	164	150	28	89	31	† 5	27	11
20 and over.....	7.4	209	263	171	157	38	84	33	6	20	14
All individuals.....	20.3	294	343	255	230	60	144	24	6	23	13

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91



Table 4.6B.--Milk and milk products: Percentages of individuals using, by region, 1 day, 1989-91

Region, sex, and age (years)	Percentage of population	Total	Milk and yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
			----- Percent -----							
Northeast:										
Males and females:										
1-2.....	0.6	95.4	93.7	93.7	70.2	19.2	3.3	2.2	5.6	14.7
3-5.....	1.0	97.5	95.3	94.9	70.8	22.0	3.9	6.5	22.6	24.1
5 and under ‡ .....	1.8	96.0	92.5	85.9	64.6	18.7	3.3	4.3	16.3	18.2
Males:										
6-11.....	0.8	91.3	88.2	71.0	49.9	25.6	2.8	0.0	14.4	15.1
12-19.....	1.2	86.4	75.8	73.7	32.1	43.3	3.0	0.0	15.7	32.2
20-39.....	3.3	81.2	66.2	63.2	38.8	18.7	7.9	2.7	12.1	29.2
40-59.....	2.3	80.4	61.6	61.0	29.8	21.5	10.1	1.9	18.2	30.7
60 and over.....	1.3	88.8	79.0	76.6	37.3	27.9	13.4	1.9	21.9	24.2
20 and over.....	6.9	82.3	67.0	65.0	35.5	21.4	9.7	2.3	16.0	28.8
Females:										
6-11.....	1.0	97.4	92.6	79.8	57.0	25.0	1.2	1.2	18.3	29.0
12-19.....	1.0	82.5	74.7	68.2	33.8	36.2	3.3	1.3	13.1	34.1
20-39.....	3.7	80.3	65.4	62.9	34.8	21.1	9.6	4.2	12.2	28.1
40-59.....	2.3	81.4	68.6	64.9	28.9	23.9	13.3	2.5	12.8	27.6
60 and over.....	2.1	88.4	76.0	74.3	32.1	28.5	14.3	2.3	15.3	26.2
20 and over.....	8.0	82.7	69.1	66.4	32.4	23.8	11.9	3.2	13.2	27.5
All individuals.....	20.7	84.9	72.9	68.9	38.1	24.4	8.6	2.5	14.8	27.3
Midwest:										
Males and females:										
1-2.....	0.9	93.4	89.3	87.1	39.6	43.1	5.2	.5	13.7	36.4
3-5.....	1.1	95.5	86.7	84.5	32.8	50.5	8.0	1.4	15.9	33.8
5 and under ‡ .....	2.3	94.2	88.2	78.4	32.7	43.5	6.0	.9	13.7	31.2
Males:										
6-11.....	1.3	90.6	84.0	78.3	32.3	49.3	5.1	3.4	23.8	30.4
12-19.....	1.4	86.3	75.0	72.9	24.4	45.9	9.8	1.3	15.4	22.9
20-39.....	4.0	75.5	57.9	56.4	15.3	34.7	8.1	1.0	11.5	32.6
40-59.....	2.7	77.6	60.0	53.6	11.7	31.5	12.6	3.5	12.8	22.5
60 and over.....	1.4	83.7	69.2	69.2	11.8	40.8	12.6	1.3	17.6	24.5
20 and over.....	8.1	77.7	60.6	57.8	13.5	34.7	10.4	1.9	13.0	27.8
Females:										
6-11.....	1.1	96.4	89.6	88.0	27.2	58.6	6.8	0.0	24.4	32.5
12-19.....	1.2	72.0	62.2	60.0	17.2	38.8	7.4	1.6	13.2	22.0
20-39.....	4.4	76.3	59.5	54.8	9.8	34.2	12.5	5.6	12.1	30.5
40-59.....	2.8	71.8	56.9	53.0	7.4	26.5	18.7	5.1	10.5	21.1
60 and over.....	1.9	79.4	61.6	59.2	7.4	37.7	13.6	2.0	16.1	26.2
20 and over.....	9.1	75.6	59.1	55.2	8.6	32.5	14.6	4.7	12.4	26.7
All individuals.....	24.5	80.2	66.1	62.2	15.9	37.5	10.9	2.8	14.1	27.5

‡ Includes infants under 1.

Continued

Table 4.6B.--Milk and milk products: Percentages of individuals using, by region, 1 day, 1989-91

Region, sex, and age (years)	Percentage of population	Total	Milk and yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
<i>Percent</i> <i>Percent</i> ----- <i>Percent</i> -----										
South:										
Males and females:										
1-2.....	1.1	94.4	91.6	88.0	59.9	25.4	2.6	3.6	14.1	16.8
3-5.....	1.6	92.2	88.0	83.0	46.4	35.9	5.6	2.8	16.6	18.9
5 and under ‡ .....	3.0	92.2	88.8	79.9	48.3	30.3	4.0	2.8	15.8	18.1
Males:										
6-11.....	1.7	88.6	84.9	81.5	53.9	25.7	6.7	2.6	11.9	20.1
12-19.....	1.8	87.9	72.2	70.6	38.2	25.5	2.3	1.0	14.6	23.5
20-39.....	5.2	63.5	44.0	42.1	20.2	15.4	5.3	1.1	10.0	28.9
40-59.....	3.4	69.0	45.6	43.6	20.2	16.1	5.7	.8	11.3	31.4
60 and over.....	2.7	78.5	65.3	64.6	22.3	25.4	15.3	1.0	17.2	20.2
20 and over.....	11.3	68.7	49.5	47.9	20.7	18.0	7.8	1.0	12.1	27.6
Females:										
6-11.....	1.5	85.1	79.1	76.3	53.3	20.0	5.1	1.7	19.4	21.4
12-19.....	2.3	76.8	58.4	54.3	35.5	12.4	3.4	2.9	14.0	28.6
20-39.....	5.4	69.0	51.0	47.5	22.0	18.4	7.2	2.8	10.9	30.1
40-59.....	4.0	69.2	51.5	48.5	20.5	19.3	9.3	1.5	10.7	23.2
60 and over.....	3.6	80.9	67.0	65.6	23.8	26.7	14.6	3.5	17.9	21.6
20 and over.....	13.0	72.3	55.6	52.8	22.0	21.0	9.9	2.6	12.8	25.6
All individuals.....	34.6	75.3	60.0	57.0	28.5	20.7	7.5	2.0	13.2	25.3
West:										
Males and females:										
1-2.....	0.7	96.6	93.6	92.9	29.3	62.9	.7	2.1	24.8	31.9
3-5.....	1.1	94.7	87.9	86.9	34.0	56.2	4.6	4.7	18.2	26.6
5 and under ‡ .....	1.9	95.3	90.3	83.1	31.5	53.2	2.8	3.8	19.4	25.9
Males:										
6-11.....	1.1	91.6	85.6	83.7	20.4	63.4	2.6	3.3	22.4	31.9
12-19.....	1.0	89.2	76.4	73.1	28.4	50.3	4.3	0.0	19.6	33.8
20-39.....	3.3	70.3	52.5	49.6	16.6	31.2	2.9	2.1	10.8	28.5
40-59.....	2.0	77.1	57.2	54.6	21.3	27.8	8.5	1.5	15.8	25.7
60 and over.....	1.6	76.2	59.3	56.2	12.5	34.3	11.8	1.0	21.4	18.7
20 and over.....	6.9	73.6	55.5	52.6	17.0	30.9	6.6	1.7	14.7	25.4
Females:										
6-11.....	0.9	95.4	87.8	87.0	34.2	57.6	4.4	11.6	23.2	30.6
12-19.....	1.1	78.2	67.9	62.0	21.5	37.2	4.3	6.1	16.9	32.7
20-39.....	3.3	74.5	60.4	58.1	15.8	31.5	10.8	2.8	13.0	28.7
40-59.....	2.2	77.4	54.6	51.6	14.6	26.2	10.5	4.3	11.5	34.1
60 and over.....	1.9	81.2	65.4	61.9	12.9	35.1	14.8	3.2	19.9	27.1
20 and over.....	7.4	77.1	60.0	57.1	14.7	30.8	11.7	3.3	14.3	29.9
All individuals.....	20.3	80.0	65.3	62.0	19.4	37.3	7.5	3.2	16.2	28.5

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 5.1A.--Meat, poultry, and fish: Mean intakes per individual in a day, by sex and age, 1 day, 1989-91

Sex and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
<hr/>											
Percent		<hr/>									
<hr/>											
Males and females:											
Under 1.....	0.9	† 48	† 1	*	0	*	† 1	† 7	† 4	*	† 39
1-2.....	3.2	81	8	4	*	*	13	15	14	† 2	37
3-5.....	4.8	105	8	5	† 1	*	15	19	17	† 4	51
5 and under.....	9.0	90	7	5	*	*	13	16	15	3	45
Males:											
Under 1.....	0.5	† 56	† 1	*	0	0	† 1	† 4	† 4	*	† 51
1-2.....	1.5	76	† 8	4	*	*	13	16	16	† 2	33
3-5.....	2.5	102	6	6	† 1	0	14	20	18	† 5	49
6-11.....	4.9	145	18	11	*	*	18	21	18	10	64
12-19.....	5.3	221	34	12	† 2	*	27	32	26	7	103
20-29.....	7.3	282	37	16	† 4	† 1	24	39	35	12	144
30-39.....	8.5	278	38	15	† 2	*	26	34	29	15	145
40-49.....	6.2	252	38	16	† 1	† 1	24	39	28	25	102
50-59.....	4.2	270	40	16	† 2	† 1	32	25	19	19	130
60-69.....	3.9	233	34	14	† 3	† 2	19	33	27	21	105
70-79.....	2.4	206	26	15	† 1	† 2	20	29	20	18	88
80 and over.....	0.7	153	29	† 9	0	† 1	18	15	13	† 3	72
20 and over.....	33.2	260	36	15	2	† 1	25	34	27	17	124
Females:											
Under 1.....	0.5	39	*	*	0	*	† 1	† 10	† 4	*	† 26
1-2.....	1.7	85	8	† 4	*	*	13	14	13	† 3	41
3-5.....	2.3	107	9	5	*	*	16	18	16	† 4	52
6-11.....	4.6	141	18	9	*	*	20	20	17	† 9	63
12-19.....	5.6	152	19	11	† 1	*	15	23	20	6	73
20-29.....	7.7	164	24	10	† 1	*	14	26	21	8	77
30-39.....	9.1	170	21	9	† 1	*	14	27	20	13	81
40-49.....	6.7	174	21	11	† 1	† 1	14	25	20	19	79
50-59.....	4.5	183	24	9	† 1	† 1	14	22	18	14	96
60-69.....	4.6	169	25	9	† 1	*	13	26	19	19	73
70-79.....	3.0	147	20	7	† 1	† 1	12	23	17	14	64
80 and over.....	1.8	120	13	9	*	*	8	20	17	† 18	51
20 and over.....	37.4	167	22	10	1	1	14	25	20	14	78
All individuals.....	100.0	191	26	11	1	1	18	27	22	13	90

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 5.1B.--Meat, poultry, and fish: Percentages of individuals using, by sex and age, 1 day, 1989-91

Sex and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
	Percent						Percent				
Males and females:											
Under 1.....	0.9	39.5	2.3	2.9	0.0	.2	2.9	11.2	9.6	.7	23.2
1-2.....	3.2	80.6	14.6	12.6	.1	.2	31.5	22.8	21.4	4.8	28.6
3-5.....	4.8	86.3	11.0	14.4	1.0	.1	28.6	26.1	22.1	6.6	36.5
5 and under.....	9.0	79.4	11.4	12.5	.6	.2	27.0	23.4	20.6	5.3	32.3
Males:											
Under 1.....	0.5	36.0	3.6	2.2	0.0	0.0	2.0	8.7	8.7	.3	22.5
1-2.....	1.5	79.7	15.7	12.9	.2	.3	30.6	22.6	21.3	3.5	26.4
3-5.....	2.5	86.0	7.3	15.5	1.4	0.0	28.4	25.9	22.3	7.4	38.3
6-11.....	4.9	88.0	18.0	15.4	.4	.1	29.6	23.6	18.1	8.5	34.6
12-19.....	5.3	90.3	25.6	14.4	1.0	*	35.0	23.1	18.0	5.1	36.0
20-29.....	7.3	91.1	23.9	17.8	1.7	.2	27.0	25.6	20.1	8.4	42.7
30-39.....	8.5	91.5	25.2	19.9	1.0	.2	31.0	22.2	17.7	10.3	41.1
40-49.....	6.2	91.9	25.2	18.3	1.1	.6	30.2	26.8	19.5	14.9	34.1
50-59.....	4.2	93.6	27.8	20.8	2.0	.7	38.0	17.5	12.8	9.6	42.5
60-69.....	3.9	92.3	23.8	22.2	1.6	1.8	27.0	25.5	19.9	14.5	34.2
70-79.....	2.4	90.3	23.5	20.8	.9	1.3	24.7	22.5	15.4	10.9	30.8
80 and over.....	0.7	90.7	30.5	19.3	0.0	2.1	41.6	14.5	11.7	2.9	27.4
20 and over.....	33.2	91.7	25.1	19.6	1.3	.7	30.2	23.4	17.9	11.0	38.5
Females:											
Under 1.....	0.5	43.3	.9	3.5	0.0	.5	3.9	13.9	10.6	1.2	23.8
1-2.....	1.7	81.4	13.5	12.3	.1	.2	32.2	23.0	21.4	6.0	30.6
3-5.....	2.3	86.7	14.9	13.1	.5	.3	28.9	26.4	21.9	5.7	34.6
6-11.....	4.6	89.7	21.9	15.1	.5	.2	34.1	21.9	17.5	7.5	36.1
12-19.....	5.6	81.0	17.9	13.5	.8	.1	27.1	19.8	16.8	6.4	34.9
20-29.....	7.7	84.8	21.0	14.7	.4	.3	24.4	23.4	17.0	7.2	32.7
30-39.....	9.1	88.4	18.9	14.1	.6	.1	23.2	25.8	19.1	11.0	34.7
40-49.....	6.7	88.6	19.1	16.7	.9	.6	21.9	22.3	17.7	12.7	32.9
50-59.....	4.5	91.1	23.1	18.0	.6	1.1	24.4	22.7	17.3	12.3	36.1
60-69.....	4.6	90.8	23.8	17.4	1.1	.4	22.2	26.7	18.4	12.0	31.7
70-79.....	3.0	87.4	20.4	13.5	1.7	1.6	21.2	24.0	17.7	11.6	28.7
80 and over.....	1.8	84.2	16.7	18.9	.5	.2	18.3	26.7	23.7	11.3	23.1
20 and over.....	37.4	88.0	20.5	15.8	.8	.5	22.8	24.3	18.2	10.9	32.7
All individuals.....	100.0	88.3	21.3	16.5	.9	.5	27.4	23.5	18.2	9.6	35.1

\* Value less than 0.05 but greater than 0.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 5.2A.--Meat, poultry, and fish: Mean intakes per individual in a day, by race, 1 day, 1989-91

Race, sex, and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
Percent		Grams									
White:											
Males and females:											
1-2.....	2.3	76	9	4	*	*	12	13	11	† 2	34
3-5.....	3.8	102	8	5	† 1	*	14	16	13	† 5	53
5 and under ‡ .....	6.8	89	8	4	*	*	12	13	11	3	46
Males:											
6-11.....	3.9	138	20	6	*	*	17	20	16	† 8	65
12-19.....	4.5	220	39	13	† 2	0	27	27	21	7	100
20-39.....	13.2	274	39	15	† 3	*	26	32	27	14	139
40-59.....	9.3	253	38	15	† 2	*	28	31	23	23	110
60 and over.....	6.0	215	31	12	† 1	† 2	20	30	22	17	99
20 and over.....	28.5	255	37	15	2	† 1	26	31	24	17	121
Females:											
6-11.....	3.5	133	16	7	*	0	17	18	15	† 10	63
12-19.....	4.1	143	20	8	† 1	*	13	17	14	5	76
20-39.....	13.7	162	24	8	† 1	*	14	22	17	10	79
40-59.....	9.3	178	23	10	† 1	† 1	13	22	17	17	88
60 and over.....	8.3	151	21	8	1	† 1	12	22	16	14	68
20 and over.....	31.3	164	23	9	1	*	13	22	17	13	79
All individuals.....	82.7	188	27	10	1	*	18	24	19	13	90
Black:											
Males and females:											
1-2.....	0.6	99	† 4	† 6	*	*	† 17	30	30	† 2	38
3-5.....	0.6	107	† 7	† 14	0	0	22	32	30	† 2	31
5 and under ‡ .....	1.4	94	† 5	† 9	*	*	17	29	28	† 2	32
Males:											
6-11.....	0.6	166	† 8	† 42	† 1	0	34	18	18	† 16	47
12-19.....	0.6	210	† 7	† 6	0	† 1	20	67	65	† 10	93
20-39.....	1.7	299	28	† 22	0	0	14	62	60	† 16	153
40-59.....	0.8	320	49	† 27	† 3	† 9	† 23	† 53	† 48	† 15	140
60 and over.....	0.8	217	† 29	22	† 2	† 3	† 16	35	30	† 28	† 79
20 and over.....	3.2	283	33	23	† 1	† 3	17	53	50	19	131
Females:											
6-11.....	0.8	173	† 27	† 14	0	† 1	† 36	† 22	† 21	† 5	66
12-19.....	1.2	184	† 15	† 22	† 1	*	21	† 41	† 38	† 10	71
20-39.....	2.1	184	15	20	*	*	19	47	35	† 14	67
40-59.....	1.4	168	15	12	*	† 1	22	44	† 41	† 12	61
60 and over.....	0.9	160	† 18	10	0	† 2	9	33	30	† 40	47
20 and over.....	4.4	174	16	15	*	† 1	18	43	36	18	61
All individuals.....	12.3	196	19	18	† 1	† 1	20	43	38	14	78

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91



Table 5.2B.--Meat, poultry, and fish: Percentage of individuals using, by race, 1 day, 1989-91

Race, sex, and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
<i>Percent ----- Percent -----</i>											
White:											
Males and females:											
1-2.....	2.3	80.4	17.0	12.5	.1	.2	30.9	19.9	18.0	5.1	26.6
3-5.....	3.8	85.7	11.8	12.7	1.2	.1	26.6	24.3	19.9	6.6	37.8
5 and under ‡ .....	6.8	79.2	12.6	11.8	.7	.1	25.7	21.1	17.8	5.6	32.9
Males:											
6-11.....	3.9	86.2	19.9	13.9	.3	.1	26.9	22.9	16.3	7.3	35.0
12-19.....	4.5	90.3	28.5	15.0	1.2	0.0	35.4	19.0	13.4	5.0	35.1
20-39.....	13.2	90.8	24.8	19.3	1.6	.2	29.9	21.3	15.8	9.2	41.1
40-59.....	9.3	92.2	25.7	19.1	1.4	.4	34.0	22.1	16.4	13.1	36.3
60 and over.....	6.0	91.4	24.5	19.1	1.0	1.6	28.4	22.6	16.7	12.0	33.7
20 and over.....	28.5	91.4	25.0	19.2	1.4	.6	30.9	21.9	16.2	11.1	38.0
Females:											
6-11.....	3.5	87.7	19.9	14.1	.7	0.0	31.6	21.3	16.3	8.0	34.8
12-19.....	4.1	78.3	19.5	10.7	.6	.1	24.1	16.8	13.3	5.3	34.5
20-39.....	13.7	85.5	21.7	12.7	.6	.2	22.5	21.7	15.1	9.1	34.4
40-59.....	9.3	89.5	21.6	16.8	.8	.8	22.3	21.3	15.9	12.7	35.4
60 and over.....	8.3	88.1	21.0	15.6	1.3	.7	21.7	24.4	17.3	11.4	29.4
20 and over.....	31.3	87.4	21.5	14.7	.8	.5	22.2	22.3	15.9	10.8	33.4
All individuals.....	82.7	87.8	22.1	15.8	1.0	.4	26.9	21.6	15.9	9.6	35.2
Black:											
Males and females:											
1-2.....	0.6	89.9	9.7	16.8	.5	.2	34.4	40.7	40.3	3.8	30.8
3-5.....	0.6	94.8	8.9	32.2	0.0	0.0	46.1	38.0	35.4	2.3	29.5
5 and under ‡ .....	1.4	86.2	8.1	21.3	.2	.1	35.4	37.7	36.4	2.7	28.3
Males:											
6-11.....	0.6	98.1	9.8	29.3	1.0	0.0	51.1	20.2	19.6	11.4	32.1
12-19.....	0.6	90.7	8.2	10.5	0.0	.3	30.0	55.9	53.4	6.0	36.7
20-39.....	1.7	95.0	22.4	22.3	0.0	0.0	20.7	36.3	34.9	11.3	43.0
40-59.....	0.8	95.4	29.1	28.5	2.0	3.2	30.3	27.8	23.1	7.5	45.7
60 and over.....	0.8	92.2	24.5	39.2	.5	2.0	20.5	28.6	22.5	9.1	23.6
20 and over.....	3.2	94.4	24.5	28.0	.6	1.3	22.9	32.4	29.0	9.9	38.8
Females:											
6-11.....	0.8	97.7	32.6	19.9	0.0	1.0	46.7	20.4	18.3	5.5	46.3
12-19.....	1.2	89.8	12.7	24.5	1.4	.1	34.6	29.2	27.2	10.4	37.2
20-39.....	2.1	92.6	12.3	22.4	.1	.4	31.3	39.4	30.4	8.8	28.4
40-59.....	1.4	90.1	13.5	22.5	.5	1.0	30.9	33.6	30.2	8.0	23.9
60 and over.....	0.9	90.4	20.3	26.0	0.0	1.6	16.6	34.5	30.7	14.6	23.2
20 and over.....	4.4	91.3	14.3	23.2	.2	.8	28.2	36.6	30.4	9.7	25.9
All individuals.....	12.3	92.1	16.8	23.8	.4	.7	30.7	33.9	30.2	8.6	32.9

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 5.3A.--Meat, poultry, and fish: Mean intakes per individual in a day, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1989-91

FSP participation, sex, and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
<i>Percent ----- Grams -----</i>											
Participating:											
Males and females:											
1-2.....	0.5	83	10	7	† 1	*	14	16	15	† 3	32
3-5.....	0.6	114	10	10	0	*	14	26	22	5	47
5 and under ‡ .....	1.3	91	9	7	*	*	12	20	16	3	38
Males:											
6-11.....	0.5	179	† 23	21	† 1	*	25	19	18	† 13	65
12-19.....	0.3	233	28	16	0	† 1	† 28	41	41	† 9	109
20-39.....	0.5	303	33	21	† 3	† 5	32	33	33	† 23	148
40-59.....	0.2	† 258	† 33	† 12	† 0	† 7	† 31	† 37	† 30	† 32	† 91
60 and over.....	0.2	† 204	† 26	† 6	† 0	† 0	† 20	† 28	† 28	† 9	† 113
20 and over.....	0.8	273	32	16	† 2	† 5	29	33	32	† 23	128
Females:											
6-11.....	0.5	152	16	† 12	0	0	20	17	17	† 6	78
12-19.....	0.5	175	† 17	† 15	† 3	0	21	30	25	† 5	77
20-39.....	1.2	190	22	16	*	*	20	32	29	13	80
40-59.....	0.4	168	22	14	† 2	*	21	27	24	† 12	65
60 and over.....	0.4	134	21	† 9	† 1	† 1	11	19	17	† 8	60
20 and over.....	2.0	175	22	14	† 1	† 1	18	28	25	12	73
All individuals.....	5.9	172	20	14	† 1	† 1	20	26	24	10	75
Not participating:											
Males and females:											
1-2.....	0.4	99	4	† 7	0	*	12	27	23	† 1	44
3-5.....	0.6	110	8	10	0	0	13	20	18	† 3	54
5 and under ‡ .....	1.1	98	6	8	0	*	11	21	18	† 2	47
Males:											
6-11.....	0.6	136	22	† 9	*	*	10	23	18	† 15	56
12-19.....	0.6	225	28	† 9	† 1	0	26	25	17	† 6	127
20-39.....	1.2	275	29	14	† 1	† 4	24	36	32	11	149
40-59.....	0.6	229	29	12	† 5	† 2	24	42	36	† 18	92
60 and over.....	0.8	193	19	21	*	† 1	20	27	21	12	88
20 and over.....	2.6	238	26	16	† 2	† 2	23	34	29	13	116
Females:											
6-11.....	0.6	127	17	† 12	0	† 2	20	19	15	† 3	53
12-19.....	0.6	153	18	5	† 2	*	16	32	29	† 7	67
20-39.....	1.4	185	22	13	† 1	† 2	16	30	26	8	89
40-59.....	0.9	159	18	9	*	† 1	16	22	19	15	74
60 and over.....	1.7	132	19	11	*	† 1	11	26	22	7	54
20 and over.....	3.9	156	20	11	*	† 1	14	27	23	9	71
All individuals.....	10.1	172	20	11	† 1	† 1	17	28	23	9	81

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 5.3B.--Meat, poultry, and fish: Percentages of individuals using, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1989-91

FSP participation, sex, and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
<i>Percent ----- Percent -----</i>											
Participating:											
Males and females:											
1-2.....	0.5	83.6	19.1	17.7	.8	.6	29.1	23.5	22.1	8.3	23.6
3-5.....	0.6	85.1	16.0	21.9	0.0	1.1	29.9	33.0	28.1	6.8	29.2
5 and under ‡ .....	1.3	77.3	15.2	18.0	.3	.7	26.2	26.0	22.0	6.5	26.1
Males:											
6-11.....	0.5	90.7	21.3	25.4	1.3	.7	34.2	18.9	17.2	10.2	33.5
12-19.....	0.3	91.2	19.6	17.4	0.0	.5	33.2	27.4	26.2	7.0	42.3
20-39.....	0.5	91.8	23.1	26.9	2.4	2.7	34.8	19.9	19.6	15.6	39.9
40-59.....	0.2	89.3	22.7	19.6	0.0	2.6	33.1	24.6	19.6	13.5	19.4
60 and over.....	0.2	81.0	14.8	12.7	0.0	0.0	30.1	21.4	21.4	5.0	22.7
20 and over.....	0.8	89.1	21.4	22.4	1.4	2.2	33.5	21.3	20.0	13.1	31.7
Females:											
6-11.....	0.5	87.0	19.2	20.0	0.0	0.0	33.4	19.5	18.5	5.1	42.0
12-19.....	0.5	89.7	14.5	18.8	3.2	0.0	34.7	22.9	19.3	6.5	39.5
20-39.....	1.2	89.2	20.6	21.8	.3	.3	29.6	25.3	23.1	9.7	29.3
40-59.....	0.4	86.9	17.4	26.6	3.1	.3	32.0	21.7	19.6	8.8	21.9
60 and over.....	0.4	81.9	19.5	14.3	.8	1.0	21.8	18.7	16.8	7.2	25.1
20 and over.....	2.0	87.3	19.7	21.3	1.0	.4	28.6	23.2	21.2	9.1	27.0
All individuals.....	5.9	86.0	18.6	20.5	1.0	.7	30.4	23.1	20.8	8.4	31.3
Not participating:											
Males and females:											
1-2.....	0.4	83.0	12.7	15.1	0.0	1.0	26.6	30.3	26.4	2.9	30.3
3-5.....	0.6	83.3	9.6	17.7	0.0	0.0	21.1	25.0	21.3	6.2	37.6
5 and under ‡ .....	1.1	77.6	9.9	15.0	0.0	.6	21.9	24.8	21.3	4.4	32.7
Males:											
6-11.....	0.6	87.0	20.5	13.4	.5	.2	19.0	22.5	17.2	14.0	36.4
12-19.....	0.6	87.2	21.8	15.4	.9	0.0	32.6	21.1	13.5	5.4	42.1
20-39.....	1.2	88.9	20.8	18.3	1.0	1.3	31.1	22.5	17.7	6.3	42.7
40-59.....	0.6	90.9	21.1	18.8	3.6	1.7	33.3	30.2	25.2	10.5	33.5
60 and over.....	0.8	85.4	16.7	27.9	.3	.8	29.2	19.2	14.8	8.3	25.3
20 and over.....	2.6	88.2	19.5	21.5	1.4	1.2	31.0	23.2	18.5	7.9	35.0
Females:											
6-11.....	0.6	86.7	18.5	18.8	0.0	1.4	33.9	21.7	17.5	3.0	33.2
12-19.....	0.6	83.6	21.7	15.2	2.0	.6	27.6	27.1	25.4	4.3	37.1
20-39.....	1.4	88.3	19.5	19.1	.7	.9	27.3	25.9	21.6	7.0	35.8
40-59.....	0.9	85.9	18.4	18.9	.5	1.5	28.6	22.4	18.5	10.8	30.9
60 and over.....	1.7	86.9	20.2	18.8	.2	1.1	21.8	26.1	20.8	7.9	22.8
20 and over.....	3.9	87.2	19.5	18.9	.5	1.1	25.2	25.2	20.6	8.2	29.0
All individuals.....	10.1	86.1	18.7	18.4	.7	.9	27.1	24.2	19.6	7.3	33.0

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 5.4A.—Meat, poultry, and fish: Mean intakes per individual in a day, by poverty status, 1 day, 1989-91

Poverty status, sex, and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
<div><div>Percent</div><div>-----</div><div>Grams</div><div>-----</div></div>											
Under 100% poverty:											
Males and females:											
1-2.....	0.8	88	8	6	*	*	13	22	21	† 2	33
3-5.....	0.8	115	10	11	0	*	13	25	22	3	52
5 and under ‡ .....	1.9	94	8	8	*	*	11	22	18	2	41
Males:											
6-11.....	0.7	161	21	15	† 1	*	20	19	18	† 14	62
12-19.....	0.7	222	24	10	† 1	† 1	19	31	28	8	125
20-39.....	1.1	277	27	17	† 2	† 6	26	36	33	14	141
40-59.....	0.5	230	32	13	† 1	† 5	24	36	31	† 28	87
60 and over.....	0.5	196	24	23	0	0	17	29	24	6	92
20 and over.....	2.1	246	27	18	† 1	† 4	23	34	30	15	117
Females:											
6-11.....	0.8	137	15	† 9	0	*	20	17	15	† 4	70
12-19.....	0.9	170	20	11	† 3	0	18	31	26	† 5	77
20-39.....	1.9	187	20	14	† 1	† 1	17	31	28	10	86
40-59.....	0.8	166	21	11	† 1	*	18	26	24	12	73
60 and over.....	1.2	133	20	10	*	† 1	11	24	20	6	58
20 and over.....	3.9	166	20	12	† 1	† 1	15	28	25	9	74
All individuals.....	11.0	171	19	12	† 1	† 1	17	27	24	9	79
100% poverty and over:											
Males and females:											
1-2.....	2.3	77	† 8	† 4	0	0	13	13	12	† 2	37
3-5.....	3.5	101	7	5	† 1	0	15	17	15	† 5	50
5 and under ‡ .....	6.3	88	7	4	*	0	13	14	13	† 4	45
Males:											
6-11.....	3.9	144	18	† 10	*	0	18	21	18	† 9	66
12-19.....	4.1	226	39	12	† 2	0	28	34	28	† 7	100
20-39.....	12.7	280	39	16	† 3	*	25	33	28	14	145
40-59.....	8.7	266	40	15	2	† 1	29	33	25	23	118
60 and over.....	5.7	220	31	14	† 1	2	20	29	23	19	100
20 and over.....	27.2	263	38	15	2	† 1	25	32	26	18	127
Females:											
6-11.....	3.4	140	20	9	*	*	19	19	17	† 10	60
12-19.....	4.0	155	20	12	*	*	15	23	20	6	77
20-39.....	13.0	164	22	10	† 1	*	14	25	19	11	78
40-59.....	9.0	179	22	10	† 1	† 1	14	24	20	15	90
60 and over.....	6.8	155	21	9	† 1	† 1	12	24	18	19	66
20 and over.....	28.8	167	22	9	1	*	14	24	19	14	79
All individuals.....	77.7	194	27	11	1	*	19	26	21	13	92

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 5.4B.--Meat, poultry, and fish: Percentages of individuals using, by poverty status, 1 day, 1989-91

Poverty status, sex, and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
	Percent						Percent				
<b>Under 100% poverty:</b>											
Males and females:											
1-2.....	0.8	83.6	17.2	17.8	.6	1.0	27.8	28.0	26.4	6.4	23.4
3-5.....	0.8	84.3	13.5	22.3	0.0	.7	24.7	29.8	24.1	4.7	34.0
5 and under ‡ .....	1.9	77.1	13.3	18.0	.2	.8	23.5	26.0	22.0	4.8	28.2
Males:											
6-11.....	0.7	87.2	19.3	19.5	.9	.6	29.1	18.7	16.6	11.8	36.0
12-19.....	0.7	88.0	19.7	14.5	.8	.2	31.4	22.3	19.9	7.8	43.5
20-39.....	1.1	89.1	21.1	21.2	1.5	2.1	30.8	21.2	18.4	9.6	41.1
40-59.....	0.5	90.3	21.5	19.3	1.4	2.5	33.5	26.4	21.2	12.5	28.3
60 and over.....	0.5	83.5	16.2	30.8	0.0	0.0	27.0	19.5	15.3	4.8	24.3
20 and over.....	2.1	88.1	20.0	23.0	1.1	1.7	30.5	22.0	18.3	9.1	34.0
Females:											
6-11.....	0.8	86.4	17.6	18.5	0.0	.3	34.4	19.3	17.9	4.0	40.3
12-19.....	0.9	88.5	20.7	19.0	3.2	0.0	31.3	24.1	21.8	4.7	37.9
20-39.....	1.9	87.4	18.8	20.3	.5	.6	27.3	25.1	21.9	7.6	32.4
40-59.....	0.8	85.7	18.3	21.8	2.0	.4	27.5	24.3	21.9	8.9	27.9
60 and over.....	1.2	84.6	19.8	18.7	.5	1.2	22.6	21.7	18.0	6.5	23.8
20 and over.....	3.9	86.2	19.0	20.1	.8	.8	25.9	23.9	20.7	7.5	28.8
All individuals.....	11.0	85.4	18.4	19.7	.9	.8	28.0	23.1	20.0	7.2	32.7
<b>100% poverty and over:</b>											
Males and females:											
1-2.....	2.3	81.2	13.7	11.0	0.0	0.0	33.3	22.0	20.4	4.5	30.0
3-5.....	3.5	87.9	10.2	12.7	1.3	0.0	28.7	25.0	21.2	7.9	38.3
5 and under ‡ .....	6.3	81.4	10.9	11.2	.7	0.0	28.0	22.4	19.7	6.1	34.2
Males:											
6-11.....	3.9	88.9	18.2	14.0	.3	0.0	30.8	23.9	18.8	8.0	35.1
12-19.....	4.1	90.0	28.4	14.5	.9	0.0	34.8	24.3	18.7	4.6	34.3
20-39.....	12.7	92.1	25.6	19.3	1.3	.1	29.6	23.3	17.8	9.9	42.8
40-59.....	8.7	93.1	26.8	19.3	1.6	.6	34.2	23.1	16.9	12.7	37.6
60 and over.....	5.7	91.8	24.9	20.7	.8	2.0	29.0	23.1	17.9	12.4	33.3
20 and over.....	27.2	92.4	25.8	19.6	1.3	.7	30.9	23.2	17.5	11.3	39.1
Females:											
6-11.....	3.4	89.6	24.2	14.4	.7	.2	31.4	20.2	16.3	8.6	35.7
12-19.....	4.0	82.0	18.5	12.6	.1	.1	27.2	19.8	16.6	5.4	35.8
20-39.....	13.0	86.6	19.3	13.7	.5	.1	23.7	23.5	16.9	10.0	34.7
40-59.....	9.0	89.5	20.7	16.8	.7	.7	23.0	23.1	17.8	11.2	35.3
60 and over.....	6.8	89.7	21.4	16.6	1.4	.7	20.8	27.1	20.4	12.7	28.8
20 and over.....	28.8	88.2	20.2	15.3	.8	.4	22.8	24.2	18.0	11.0	33.5
All individuals.....	77.7	89.0	21.8	16.2	.9	.4	27.7	23.3	17.9	9.8	35.8

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91



Table 5.5A.--Meat, poultry, and fish: Mean intakes per individual in a day, by income level, 1 day, 1989-91

Income level, sex, and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
	Percent										
Under 131% poverty:											
Males and females:											
1-2.....	1.0	90	7	7	•	•	13	21	19	† 2	37
3-5.....	1.2	112	9	10	0	•	13	23	20	4	51
5 and under ‡ .....	2.4	94	7	8	•	•	12	21	17	3	42
Males:											
6-11.....	1.1	156	23	15	† 1	•	17	21	18	14	60
12-19.....	1.0	228	28	11	•	•	27	31	26	7	120
20-39.....	1.6	283	30	16	† 1	† 4	26	35	32	14	149
40-59.....	0.8	236	30	12	† 4	† 3	26	41	35	† 21	92
60 and over.....	1.0	195	20	19	•	•	20	27	23	11	92
20 and over.....	3.4	246	27	16	† 2	† 3	24	34	30	15	119
Females:											
6-11.....	1.1	139	17	12	0	† 1	20	18	16	4	65
12-19.....	1.2	163	18	10	† 2	•	18	31	27	† 6	72
20-39.....	2.5	187	22	15	† 1	† 1	18	31	27	10	85
40-59.....	1.2	162	19	11	† 1	† 1	17	24	21	14	71
60 and over.....	2.1	133	19	10	•	† 1	11	25	21	7	55
20 and over.....	5.9	162	20	12	•	† 1	15	27	24	10	71
All individuals.....	16.0	172	20	12	1	† 1	18	27	24	9	79
131-350% poverty:											
Males and females:											
1-2.....	1.2	78	6	† 4	0	0	17	15	15	† 2	34
3-5.....	2.1	102	9	5	† 1	0	16	19	17	† 5	45
5 and under ‡ .....	3.6	87	7	4	•	0	15	16	15	† 3	39
Males:											
6-11.....	2.3	153	19	† 11	•	0	20	22	20	† 9	68
12-19.....	2.1	215	35	† 12	† 1	0	26	34	30	† 11	89
20-39.....	5.8	278	40	17	† 1	•	27	40	36	13	135
40-59.....	2.7	285	48	19	† 1	† 2	30	39	28	16	123
60 and over.....	2.7	212	31	17	† 1	† 3	19	24	20	† 18	96
20 and over.....	11.1	264	39	18	† 1	† 1	26	36	30	15	123
Females:											
6-11.....	2.1	138	23	5	•	0	23	15	14	† 15	54
12-19.....	2.1	163	21	† 17	0	0	19	22	20	† 8	73
20-39.....	6.0	158	20	11	•	•	15	24	19	12	72
40-59.....	3.0	173	24	13	•	•	16	22	18	9	85
60 and over.....	3.4	161	19	12	† 1	† 1	12	22	19	18	75
20 and over.....	12.5	162	20	12	† 1	•	14	23	18	13	76
All individuals.....	35.9	187	26	13	1	† 1	20	26	22	12	86

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 5.5A.--Meat, poultry, and fish: Mean intakes per individual in a day, by income level, 1 day, 1989-91--continued

Income level, sex, and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
<div>Percent</div> <div>----- Grams -----</div>											
Over 350% poverty:											
Males and females:											
1-2.....	0.8	† 71	† 11	† 2	† 0	† 0	† 8	† 10	† 10	† 3	† 36
3-5.....	1.1	98	† 3	† 3	† 1	0	12	† 13	† 12	† 6	60
5 and under ‡ .....	2.1	89	† 6	† 2	† 1	0	9	11	10	† 4	55
Males:											
6-11.....	1.2	126	† 13	† 5	† 1	0	17	† 19	† 14	† 8	63
12-19.....	1.7	237	45	† 12	† 3	0	27	† 33	† 27	† 2	111
20-39.....	6.4	280	39	14	† 4	*	24	27	21	15	153
40-59.....	5.8	258	37	13	† 2	*	29	30	22	26	116
60 and over.....	2.6	232	34	11	† 1	† 1	21	35	26	19	106
20 and over.....	14.8	263	37	13	† 3	*	25	30	22	20	130
Females:											
6-11.....	1.0	† 143	† 13	† 14	† 1	† 0	† 8	† 27	† 23	† 1	† 76
12-19.....	1.7	148	20	† 7	† 1	0	10	† 22	† 20	† 2	85
20-39.....	6.3	168	23	8	† 1	0	12	25	18	11	83
40-59.....	5.5	185	21	8	† 1	*	13	26	21	18	94
60 and over.....	2.5	156	24	5	† 1	† 1	13	25	16	24	59
20 and over.....	14.3	172	23	7	† 1	*	13	25	19	16	83
All individuals.....	36.8	203	28	10	2	*	18	26	20	15	101

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 5.5B.--Meat, poultry, and fish: Percentage of individuals using, by income level, 1 day, 1989-91

Income level sex, and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
	Percent										
<b>Under 131% poverty:</b>											
Males and females:											
1-2.....	1.0	83.3	16.3	16.6	.5	.8	28.0	26.6	24.0	5.9	26.6
3-5.....	1.2	84.2	12.8	19.9	0.0	.5	25.6	29.0	24.7	6.5	33.4
5 and under ‡ .....	2.4	77.5	12.7	16.6	.2	.7	24.2	25.4	21.7	5.5	29.2
Males:											
6-11.....	1.1	88.7	20.9	19.0	.9	.4	26.1	20.8	17.2	12.2	35.1
12-19.....	1.0	88.6	21.0	16.1	.6	.2	32.8	23.3	18.0	6.0	42.1
20-39.....	1.6	89.7	21.5	20.7	1.4	1.7	32.2	21.8	18.2	8.9	41.9
40-59.....	0.8	90.5	21.4	19.0	2.7	1.9	33.2	28.8	23.8	11.3	30.1
60 and over.....	1.0	84.7	16.4	25.5	.2	.7	29.3	19.6	15.9	7.7	24.9
20 and over.....	3.4	88.4	20.0	21.7	1.4	1.4	31.6	22.7	18.8	9.1	34.3
Females:											
6-11.....	1.1	86.8	18.8	19.4	0.0	.8	33.7	20.7	18.0	3.9	37.3
12-19.....	1.2	86.3	18.5	16.8	2.5	.4	30.8	25.2	22.7	5.3	38.2
20-39.....	2.5	88.7	20.0	20.4	.5	.6	28.4	25.6	22.3	8.3	32.8
40-59.....	1.2	86.2	18.0	21.4	1.3	1.2	29.7	22.2	18.8	10.2	28.1
60 and over.....	2.1	86.0	20.0	18.0	.3	1.0	21.8	24.8	20.1	7.8	23.2
20 and over.....	5.9	87.2	19.6	19.7	.6	.9	26.3	24.6	20.8	8.5	28.4
All individuals.....	16.0	86.1	18.7	19.2	.8	.8	28.3	23.8	20.0	7.7	32.3
<b>131-350% poverty:</b>											
Males and females:											
1-2.....	1.2	83.3	11.5	13.6	0.0	0.0	38.1	21.9	21.1	4.1	29.2
3-5.....	2.1	90.5	13.1	13.9	1.1	0.0	32.2	24.9	20.5	5.1	31.9
5 and under ‡ .....	3.6	83.1	11.4	12.9	.6	0.0	31.3	22.7	19.9	4.4	29.9
Males:											
6-11.....	2.3	91.6	20.7	12.8	*	0.0	34.4	23.5	19.8	8.6	35.8
12-19.....	2.1	89.8	26.1	14.1	.6	0.0	40.3	24.7	21.3	7.5	30.9
20-39.....	5.8	95.1	26.3	18.8	.5	*	32.8	25.1	20.1	8.7	42.0
40-59.....	2.7	95.1	29.5	24.8	.7	.9	33.9	25.0	19.3	10.1	38.8
60 and over.....	2.7	91.9	25.4	24.3	.6	3.1	28.3	21.2	17.2	11.7	31.0
20 and over.....	11.1	94.3	26.9	21.6	.6	1.0	32.0	24.1	19.2	9.8	38.5
Females:											
6-11.....	2.1	88.7	25.9	9.5	.2	0.0	37.1	16.9	16.0	12.4	34.0
12-19.....	2.1	86.6	17.4	15.0	0.0	0.0	32.8	20.4	17.4	7.9	35.6
20-39.....	6.0	87.0	17.5	14.4	.4	.2	26.1	21.9	16.8	10.2	33.9
40-59.....	3.0	91.0	22.6	17.1	.4	.5	27.3	22.4	17.3	8.8	34.9
60 and over.....	3.4	88.7	20.5	21.8	1.4	.8	20.9	25.5	20.9	8.6	32.0
20 and over.....	12.5	88.4	19.5	17.1	.7	.4	25.0	23.0	18.0	9.4	33.6
All individuals.....	35.9	89.9	21.7	17.0	.5	.4	30.5	22.9	18.7	8.9	34.9

\* Value less than 0.05 but greater than 0.

‡ Includes infants under 1.

Continued

Table 5.5B.--Meat, poultry, and fish: Percentage of individuals using, by income level, 1 day, 1989-91--continued

Income level sex, and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
	Percent							Percent			
Over 350% poverty:											
Males and females:											
1-2.....	0.8	78.0	17.3	7.0	0.0	0.0	27.3	22.3	20.8	5.3	29.0
3-5.....	1.1	84.3	4.7	10.2	2.2	0.0	22.3	24.4	20.9	12.2	51.9
5 and under ‡ .....	2.1	79.4	10.1	8.1	1.2	0.0	22.5	21.7	19.2	8.5	42.1
Males:											
6-11.....	1.2	83.1	11.6	15.1	.8	0.0	26.9	24.5	16.8	5.6	34.5
12-19.....	1.7	90.3	32.0	14.0	1.5	0.0	27.6	23.4	16.3	1.5	37.8
20-39.....	6.4	89.6	25.1	19.8	2.1	.1	26.3	21.6	15.7	11.3	43.5
40-59.....	5.8	92.2	25.8	16.8	1.8	.5	34.4	21.8	15.2	14.1	37.2
60 and over.....	2.6	92.8	25.9	17.0	1.0	1.0	29.2	25.7	18.8	13.3	37.2
20 and over.....	14.8	91.2	25.5	18.1	1.8	.4	30.0	22.4	16.0	12.7	39.9
Females:											
6-11.....	1.0	92.2	21.6	22.5	2.0	0.0	18.9	26.3	16.3	2.0	41.3
12-19.....	1.7	76.8	21.0	10.2	.3	0.0	19.9	17.6	14.3	2.1	35.5
20-39.....	6.3	85.6	20.5	12.2	.7	0.0	20.6	24.6	16.3	9.8	35.5
40-59.....	5.5	88.9	19.9	16.3	.9	.7	19.8	23.9	18.4	12.4	36.1
60 and over.....	2.5	91.7	23.0	9.3	1.8	.6	20.6	28.6	18.8	19.4	26.4
20 and over.....	14.3	87.9	20.7	13.3	.9	.4	20.3	25.0	17.6	12.4	34.1
All individuals.....	36.8	88.3	22.3	15.1	1.3	.3	24.8	23.4	16.8	10.9	37.4

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 5.6A.--Meat, poultry, and fish: Mean intakes per individual in a day, by region, 1 day, 1989-91

Region, sex, and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
<hr/>											
Percent		Grams									
Northeast:											
Males and females:											
1-2.....	0.6	81	† 12	† 4	•	•	9	† 19	† 19	† 2	† 34
3-5.....	1.0	117	8	† 5	† 2	•	14	25	22	† 5	56
5 and under ‡ .....	1.8	95	8	4	† 1	•	10	22	20	† 4	44
Males:											
6-11.....	0.8	147	† 12	† 7	† 2	•	20	39	† 32	15	50
12-19.....	1.2	260	† 41	6	† 4	0	30	32	28	† 12	134
20-39.....	3.3	286	42	19	† 3	•	21	48	† 44	† 14	135
40-59.....	2.3	271	38	† 14	† 3	•	33	34	25	29	116
60 and over.....	1.3	240	29	14	† 3	•	17	34	25	30	106
20 and over.....	6.9	272	38	17	3	•	24	41	34	22	123
Females:											
6-11.....	1.0	143	† 21	† 5	0	0	25	20	18	7	65
12-19.....	1.0	149	† 19	† 9	† 3	0	13	† 22	† 20	† 6	75
20-39.....	3.7	177	17	13	† 1	•	15	30	23	11	88
40-59.....	2.3	169	22	† 8	† 1	† 1	17	30	22	19	68
60 and over.....	2.1	160	23	6	† 1	•	14	31	20	21	61
20 and over.....	8.0	170	20	10	† 1	•	15	30	22	16	75
All individuals.....	20.7	200	26	11	2	•	19	33	26	16	91
Midwest:											
Males and females:											
1-2.....	0.9	78	† 11	† 4	•	0	15	13	12	† 1	33
3-5.....	1.1	97	6	5	† 1	0	17	15	13	† 3	48
5 and under ‡ .....	2.3	89	† 7	4	† 1	0	14	12	11	† 2	47
Males:											
6-11.....	1.3	140	12	† 16	•	0	28	8	7	† 9	66
12-19.....	1.4	195	32	† 9	† 1	0	22	31	24	9	82
20-39.....	4.0	309	36	15	† 4	0	30	26	19	† 7	185
40-59.....	2.7	254	45	17	† 1	•	29	29	20	† 19	105
60 and over.....	1.4	231	39	16	† 2	† 1	18	23	13	18	110
20 and over.....	8.1	277	40	16	† 3	•	28	26	19	13	145
Females:											
6-11.....	1.1	141	† 15	† 9	† 1	0	† 25	† 23	† 21	† 3	63
12-19.....	1.2	164	11	† 8	•	•	15	† 28	† 27	† 4	92
20-39.....	4.4	164	23	8	† 1	† 1	13	25	17	6	82
40-59.....	2.8	182	19	10	† 1	•	13	28	25	† 19	88
60 and over.....	1.9	162	20	12	† 1	•	15	23	16	11	77
20 and over.....	9.1	169	21	9	† 1	•	13	26	19	11	83
All individuals.....	24.5	196	25	11	† 1	•	20	24	18	10	99

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

Continued



Table 5.6A.--Meat, poultry, and fish: Mean intakes per individual in a day, by region, 1 day, 1989-91--continued

Region, sex, and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
<hr/>											
<i>Percent ----- Grams -----</i>											
South:											
Males and females:											
1-2.....	1.1	77	6	† 6	0	*	14	18	18	† 3	29
3-5.....	1.6	112	10	8	0	0	17	22	20	† 2	50
5 and under ‡ .....	3.0	91	8	7	0	*	15	20	18	2	39
Males:											
6-11.....	1.7	163	32	† 11	*	0	13	26	23	† 5	70
12-19.....	1.8	221	41	16	0	*	30	37	30	† 5	87
20-39.....	5.2	274	39	16	† 2	*	29	38	35	16	129
40-59.....	3.4	246	40	13	† 2	† 2	31	34	27	18	101
60 and over.....	2.7	208	29	13	† 1	2	22	30	26	16	91
20 and over.....	11.3	250	37	15	2	† 1	28	35	30	16	112
Females:											
6-11.....	1.5	141	21	10	*	† 1	16	19	† 17	† 3	69
12-19.....	2.3	155	22	† 16	*	0	19	23	20	† 8	64
20-39.....	5.4	168	25	10	*	*	17	23	20	10	78
40-59.....	4.0	168	22	12	*	† 1	14	21	17	13	81
60 and over.....	3.6	145	21	8	*	† 1	10	21	19	21	60
20 and over.....	13.0	162	23	10	*	1	14	22	19	14	74
All individuals.....	34.6	186	27	12	1	† 1	20	27	23	12	83
West:											
Males and females:											
1-2.....	0.7	90	† 2	† 2	0	*	13	8	† 5	† 2	58
3-5.....	1.1	91	† 5	† 3	0	0	† 11	† 13	† 11	† 9	49
5 and under ‡ .....	1.9	85	† 3	† 2	0	*	11	11	† 8	† 6	51
Males:											
6-11.....	1.1	121	† 9	† 6	0	*	11	18	14	† 15	61
12-19.....	1.0	213	19	† 13	† 4	0	† 24	† 23	† 19	† 4	121
20-39.....	3.3	248	33	12	† 2	† 2	16	33	29	17	130
40-59.....	2.0	275	29	20	† 1	† 1	14	35	24	† 29	141
60 and over.....	1.6	194	26	13	† 2	† 3	17	32	25	12	84
20 and over.....	6.9	243	30	14	† 2	† 2	16	33	27	19	123
Females:											
6-11.....	0.9	139	15	† 11	0	0	16	18	14	† 25	52
12-19.....	1.1	133	† 21	† 7	† 2	*	8	† 16	† 13	† 4	71
20-39.....	3.3	161	23	9	*	† 1	10	28	22	† 18	68
40-59.....	2.2	197	26	9	† 1	† 1	12	18	15	20	108
60 and over.....	1.9	149	18	8	† 2	† 1	10	21	15	11	73
20 and over.....	7.4	169	23	9	1	† 1	11	23	18	17	81
All individuals.....	20.3	182	22	10	† 1	† 1	13	24	19	16	91

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 5.6B.--Meat, poultry, and fish: Percentages of individuals using, by region, 1 day, 1989-91

Region, sex, and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
<i>Percent ----- Percent -----</i>											
Northeast:											
Males and females:											
1-2.....	0.6	74.5	21.5	5.2	.5	.3	22.5	27.6	27.6	2.8	25.0
3-5.....	1.0	92.6	12.1	13.0	2.6	.6	28.0	33.6	30.0	9.5	34.1
5 and under ‡ .....	1.8	80.7	14.0	8.9	1.6	.5	23.2	30.6	28.2	6.2	28.8
Males:											
6-11.....	0.8	90.0	13.5	11.2	1.7	.4	26.7	41.5	30.3	14.5	27.6
12-19.....	1.2	91.9	27.4	8.9	2.4	0.0	36.7	22.7	19.5	4.2	42.2
20-39.....	3.3	90.9	26.7	20.8	2.0	.3	23.8	28.0	23.0	9.2	39.7
40-59.....	2.3	90.6	27.8	13.3	2.0	.2	33.8	23.6	18.2	13.2	39.5
60 and over.....	1.3	94.2	23.3	16.0	1.2	.7	22.2	22.5	18.4	18.7	31.6
20 and over.....	6.9	91.4	26.4	17.4	1.9	.3	26.9	25.5	20.6	12.3	38.1
Females:											
6-11.....	1.0	91.6	29.0	8.3	0.0	0.0	35.5	23.2	21.3	9.5	32.1
12-19.....	1.0	78.0	17.6	11.4	2.5	0.0	15.5	19.9	17.7	5.9	36.2
20-39.....	3.7	87.6	16.4	13.4	.8	.1	22.3	29.0	20.4	12.0	31.1
40-59.....	2.3	89.6	21.1	11.1	1.2	.9	24.3	29.8	23.6	14.2	29.2
60 and over.....	2.1	90.7	22.0	11.3	1.6	.7	20.4	34.8	24.1	15.2	27.0
20 and over.....	8.0	89.0	19.2	12.2	1.1	.5	22.4	30.7	22.2	13.4	29.5
All individuals.....	20.7	88.9	21.8	13.2	1.5	.3	25.2	28.0	22.1	11.4	33.4
Midwest:											
Males and females:											
1-2.....	0.9	82.9	17.7	12.8	.1	0.0	37.5	22.9	21.1	3.6	27.0
3-5.....	1.1	88.5	11.1	16.3	1.9	0.0	35.2	22.2	17.7	5.4	38.5
5 and under ‡ .....	2.3	81.3	13.2	13.1	1.0	0.0	32.3	20.0	17.1	4.1	33.6
Males:											
6-11.....	1.3	88.3	14.0	11.6	.2	0.0	40.1	9.8	7.2	5.3	38.7
12-19.....	1.4	86.2	23.8	10.1	.5	0.0	33.0	25.8	19.9	6.4	29.4
20-39.....	4.0	93.3	21.2	19.5	1.8	0.0	33.0	18.7	12.0	4.8	45.5
40-59.....	2.7	95.7	29.7	19.6	1.0	.2	37.2	20.3	13.7	10.7	33.4
60 and over.....	1.4	92.4	25.4	25.7	1.7	.7	26.2	20.8	11.5	13.1	38.4
20 and over.....	8.1	94.0	24.8	20.6	1.5	.2	33.2	19.6	12.5	8.2	40.2
Females:											
6-11.....	1.1	88.8	16.0	13.1	1.7	0.0	36.2	19.0	14.9	4.3	43.0
12-19.....	1.2	85.8	14.0	10.6	.5	.1	25.5	17.7	16.2	4.3	41.3
20-39.....	4.4	85.7	18.7	11.0	.8	.2	24.0	22.5	15.2	6.4	37.1
40-59.....	2.8	89.2	18.7	17.0	1.1	.2	21.6	21.0	17.1	11.0	34.8
60 and over.....	1.9	89.6	21.6	18.1	.5	.3	24.0	24.8	16.5	9.2	32.8
20 and over.....	9.1	87.5	19.3	14.3	.8	.2	23.3	22.5	16.1	8.4	35.5
All individuals.....	24.5	89.0	20.1	15.7	1.0	.1	29.5	20.4	14.7	7.3	37.3

‡ Includes infants under 1.

Continued

Table 5.6B.--Meat, poultry, and fish: Percentages of individuals using, by region, 1 day, 1989-91--continued

Region, sex, and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
	Percent						Percent				
<b>South:</b>											
Males and females:											
1-2.....	1.1	81.3	13.3	18.1	0.0	.1	30.5	25.4	25.2	6.8	26.5
3-5.....	1.6	89.6	13.3	17.5	0.0	0.0	29.7	30.0	26.3	2.4	39.6
5 and under ‡ .....	3.0	81.6	12.1	16.9	0.0	.1	27.6	27.1	24.8	4.0	32.4
Males:											
6-11.....	1.7	89.6	27.8	20.1	.2	0.0	26.3	27.2	20.5	4.6	38.2
12-19.....	1.8	96.2	33.6	22.2	0.0	.1	41.8	27.1	19.8	4.8	33.9
20-39.....	5.2	92.7	27.1	18.7	.7	.1	33.8	24.2	20.0	10.9	43.2
40-59.....	3.4	92.8	25.1	20.2	1.7	1.0	38.3	24.9	19.4	10.2	37.8
60 and over.....	2.7	89.8	23.8	23.0	.5	2.0	33.9	23.9	18.9	8.6	28.8
20 and over.....	11.3	92.0	25.7	20.2	1.0	.8	35.2	24.3	19.6	10.2	38.2
Females:											
6-11.....	1.5	90.4	25.8	19.7	.3	.6	33.1	21.0	17.0	5.5	42.3
12-19.....	2.3	86.0	21.6	16.7	.1	0.0	37.3	23.2	19.1	8.2	34.8
20-39.....	5.4	89.9	23.1	17.4	.2	.3	29.7	22.3	17.5	8.5	37.0
40-59.....	4.0	89.9	19.1	21.9	.5	1.1	23.9	22.4	16.9	10.4	33.0
60 and over.....	3.6	85.8	21.0	19.1	.4	.8	21.9	22.8	18.9	11.3	26.0
20 and over.....	13.0	88.8	21.3	19.2	.3	.7	25.8	22.5	17.7	9.9	32.7
All individuals.....	34.6	89.5	23.1	19.4	.5	.6	31.0	23.9	19.2	8.6	35.4
<b>West:</b>											
Males and females:											
1-2.....	0.7	82.1	6.2	9.6	0.0	.6	33.3	14.0	9.5	4.8	37.6
3-5.....	1.1	73.8	6.3	9.0	0.0	0.0	20.8	17.9	13.6	11.4	32.1
5 and under ‡ .....	1.9	72.6	5.7	8.3	0.0	.2	23.2	15.1	11.1	8.1	33.6
Males:											
6-11.....	1.1	83.9	11.5	15.8	0.0	.1	24.0	22.5	19.3	14.1	29.4
12-19.....	1.0	83.7	12.2	13.0	1.7	0.0	24.2	13.1	10.6	4.6	41.7
20-39.....	3.3	87.3	22.6	16.8	.9	.7	22.6	25.0	20.7	12.8	37.3
40-59.....	2.0	90.2	21.9	24.4	.9	1.5	19.4	22.7	14.7	19.1	40.4
60 and over.....	1.6	91.2	25.5	19.4	1.8	2.6	23.3	25.4	19.9	11.6	33.6
20 and over.....	6.9	89.0	23.1	19.6	1.1	1.3	21.8	24.4	18.8	14.4	37.3
Females:											
6-11.....	0.9	87.5	15.4	17.6	0.0	0.0	31.5	25.3	17.6	12.3	22.3
12-19.....	1.1	67.6	14.5	11.9	1.0	.4	17.8	14.8	11.8	5.0	26.9
20-39.....	3.3	82.0	20.0	15.1	.4	.3	15.2	26.9	20.6	11.4	27.1
40-59.....	2.2	89.8	25.9	15.5	.5	.8	21.3	16.9	13.0	16.7	40.9
60 and over.....	1.9	90.0	21.1	15.6	2.9	1.1	17.8	22.8	17.0	11.4	33.7
20 and over.....	7.4	86.4	22.0	15.4	1.1	.7	17.7	22.9	17.4	13.0	32.9
All individuals.....	20.3	84.7	19.0	15.9	.9	.7	20.9	21.8	16.7	12.2	33.9

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 6.1A.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Mean intakes per individual in a day, by sex and age, 1 day, 1989-91

Sex and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
<i>Percent</i> ----- <i>Grams</i> -----										
<b>Males and females:</b>										
Under 1.....	0.9	5	115	*	*	*	*	† 7	*	0
1-2.....	3.2	15	8	4	3	2	1	20	1	3
3-5.....	4.8	14	9	6	6	4	2	24	2	5
5 and under.....	9.0	13	20	4	4	3	1	20	1	4
<b>Males:</b>										
Under 1.....	0.5	† 3	† 152	*	*	*	*	† 12	*	0
1-2.....	1.5	17	6	4	3	2	1	21	1	† 2
3-5.....	2.5	16	† 10	7	6	4	2	19	† 2	4
6-11.....	4.9	15	13	3	9	4	† 4	28	2	9
12-19.....	5.3	16	27	5	14	5	8	29	3	8
20-29.....	7.3	30	26	3	15	6	8	18	6	6
30-39.....	8.5	26	29	4	18	5	11	20	7	3
40-49.....	6.2	27	31	3	23	9	11	19	5	3
50-59.....	4.2	22	35	† 4	22	7	12	17	5	2
60-69.....	3.9	25	29	4	18	8	9	18	4	2
70-79.....	2.4	26	38	† 4	17	7	8	25	5	† 2
80 and over.....	0.7	24	† 43	† 4	14	7	3	34	8	† 3
20 and over.....	33.2	26	30	4	18	7	10	19	6	3
<b>Females:</b>										
Under 1.....	0.5	† 6	† 75	*	*	*	0	† 3	*	0
1-2.....	1.7	13	† 11	4	3	2	† 1	18	2	3
3-5.....	2.3	13	7	5	6	3	2	29	† 1	6
6-11.....	4.6	15	21	4	9	4	4	41	2	8
12-19.....	5.6	12	13	3	10	3	6	23	3	6
20-29.....	7.7	20	14	4	15	4	10	16	4	6
30-39.....	9.1	17	15	4	17	5	10	16	5	4
40-49.....	6.7	17	14	2	16	5	9	17	3	3
50-59.....	4.5	15	20	3	16	5	9	17	3	3
60-69.....	4.6	15	25	2	17	5	9	16	4	2
70-79.....	3.0	11	25	2	19	7	6	24	3	3
80 and over.....	1.8	13	17	† 2	13	5	6	19	4	† 2
20 and over.....	37.4	16	17	3	16	5	9	17	4	4
All individuals.....	100.0	19	22	4	15	5	8	21	4	4

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 6.1B.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Percentages of individuals using, by sex and age, 1 day, 1989-91

Sex and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
<i>Percent ----- Percent -----</i>										
Males and females:										
Under 1.....	0.9	9.7	15.2	.7	7.1	6.9	.2	9.2	2.8	0.0
1-2.....	3.2	24.0	10.0	16.4	36.9	28.6	11.8	51.2	16.9	10.2
3-5.....	4.8	21.6	7.8	20.4	44.9	34.1	16.4	55.2	17.2	16.6
5 and under.....	9.0	21.2	9.3	16.9	38.1	29.3	13.0	49.0	15.6	12.5
Males:										
Under 1.....	0.5	5.8	20.0	.5	7.3	7.0	.3	2.0	.8	0.0
1-2.....	1.5	26.0	8.5	15.3	39.0	33.1	12.1	49.5	14.4	8.3
3-5.....	2.5	22.5	7.1	22.2	42.9	33.8	16.9	56.0	17.5	15.5
6-11.....	4.9	20.0	9.3	12.1	45.6	29.6	20.3	49.2	17.0	16.5
12-19.....	5.3	14.9	10.8	11.0	51.6	29.3	26.5	40.7	15.0	14.1
20-29.....	7.3	23.3	10.6	7.6	53.6	32.0	27.5	43.6	26.7	9.0
30-39.....	8.5	23.8	13.5	9.8	64.3	34.8	33.4	45.6	30.3	7.4
40-49.....	6.2	24.4	13.8	7.1	66.3	43.7	33.9	51.3	36.1	8.0
50-59.....	4.2	21.6	15.5	9.3	69.1	44.2	39.2	48.9	35.1	4.6
60-69.....	3.9	24.5	14.2	7.0	69.8	47.2	32.6	56.9	39.5	4.7
70-79.....	2.4	29.2	13.2	10.0	67.2	52.7	25.4	60.2	43.2	5.5
80 and over.....	0.7	29.9	22.6	15.6	74.1	58.4	16.7	76.2	61.6	8.7
20 and over.....	33.2	24.1	13.4	8.6	64.0	40.3	31.9	49.7	33.9	7.1
Females:										
Under 1.....	0.5	13.7	10.2	.9	6.9	6.9	0.0	16.8	4.9	0.0
1-2.....	1.7	22.2	11.3	17.3	34.9	24.5	11.5	52.7	19.2	11.9
3-5.....	2.3	20.6	8.5	18.4	46.9	34.3	15.9	54.3	16.8	17.7
6-11.....	4.6	21.1	14.6	13.7	55.6	35.8	27.2	54.8	18.9	16.0
12-19.....	5.6	12.8	9.3	9.4	48.3	27.4	26.3	44.1	18.1	11.7
20-29.....	7.7	21.6	10.7	8.0	55.7	31.6	30.0	42.7	24.8	11.6
30-39.....	9.1	18.7	12.0	8.2	64.1	37.2	34.6	50.8	33.7	11.1
40-49.....	6.7	20.3	9.6	7.5	67.7	41.9	34.0	50.6	37.1	7.0
50-59.....	4.5	18.1	11.4	10.3	65.1	39.7	35.5	53.6	37.1	9.5
60-69.....	4.6	18.9	12.5	9.0	66.0	43.3	35.6	54.0	39.0	7.0
70-79.....	3.0	15.0	12.8	10.4	69.5	55.2	25.6	65.4	45.6	8.9
80 and over.....	1.8	17.7	10.7	8.0	76.4	54.9	29.3	58.9	40.5	5.2
20 and over.....	37.4	19.2	11.3	8.5	64.4	40.2	32.8	51.4	34.8	9.3
All individuals.....	100.0	20.6	11.7	9.9	59.0	37.2	29.2	49.7	29.2	9.9

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91



Table 6.2A.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Mean intakes per individual in a day, by race, 1 day, 1989-91

Race, sex, and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
<i>Percent</i> ----- <i>Grams</i>										
White:										
Males and females:										
1-2.....	2.3	14	8	4	3	2	1	23	1	3
3-5.....	3.8	14	† 9	6	6	4	2	24	2	6
5 and under ‡ .....	6.8	13	18	5	5	3	1	22	1	4
Males:										
6-11.....	3.9	14	14	4	10	4	† 5	26	2	9
12-19.....	4.5	16	25	5	15	6	9	31	3	9
20-39.....	13.2	28	28	4	17	6	10	20	6	4
40-59.....	9.3	25	31	4	23	8	12	18	5	3
60 and over.....	6.0	23	32	4	18	7	9	23	5	2
20 and over.....	28.5	26	30	4	20	7	11	20	6	3
Females:										
6-11.....	3.5	16	22	4	9	5	4	39	2	9
12-19.....	4.1	10	9	3	11	3	7	23	3	8
20-39.....	13.7	16	14	4	17	5	10	17	4	5
40-59.....	9.3	16	14	3	17	5	10	18	3	4
60 and over.....	8.3	11	23	2	18	6	8	19	3	3
20 and over.....	31.3	15	17	3	17	5	9	18	4	4
All individuals.....	82.7	18	21	4	16	6	9	21	4	5
Black:										
Males and females:										
1-2.....	0.6	12	† 10	2	3	2	† 1	† 10	† 1	† 1
3-5.....	0.6	18	† 5	† 4	4	2	† 1	† 30	1	† 2
5 and under ‡ .....	1.4	14	† 23	† 2	3	2	† 1	† 18	1	† 1
Males:										
6-11.....	0.6	† 20	† 8	† 2	3	† 2	† 2	† 26	† 2	† 1
12-19.....	0.6	† 9	† 17	† 10	† 5	† 2	† 3	20	† 4	† 7
20-39.....	1.7	34	† 14	† 4	10	5	6	15	† 4	† 7
40-59.....	0.8	30	† 43	•	9	† 5	† 4	17	8	† 2
60 and over.....	0.8	35	† 26	•	12	6	5	8	5	•
20 and over.....	3.2	33	24	† 2	10	5	5	14	5	† 4
Females:										
6-11.....	0.8	† 13	† 15	† 5	8	† 1	6	43	† 3	† 4
12-19.....	1.2	† 18	17	† 3	7	3	† 3	† 23	† 1	† 3
20-39.....	2.1	25	† 15	† 3	12	3	9	12	5	4
40-59.....	1.4	20	† 29	† 1	10	3	7	12	5	2
60 and over.....	0.9	24	21	† 2	9	4	† 2	21	5	•
20 and over.....	4.4	23	21	† 2	11	3	7	14	5	3
All individuals.....	12.3	23	20	3	9	3	5	18	4	3

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

Table 6.2B.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Percentages of individuals using, by race, 1 day, 1989-91

Race, sex, and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
<i>Percent</i> ----- <i>Percent</i> -----										
White:										
Males and females:										
1-2.....	2.3	23.7	10.2	19.2	40.7	32.2	13.5	53.7	14.2	12.2
3-5.....	3.8	20.4	7.9	20.7	46.9	34.9	16.9	58.0	16.5	19.4
5 and under ‡ .....	6.8	20.7	9.2	18.2	41.1	31.4	14.0	51.9	14.4	15.0
Males:										
6-11.....	3.9	19.5	10.0	13.3	48.6	32.2	21.1	49.6	15.8	18.6
12-19.....	4.5	14.7	10.6	10.8	55.3	29.9	29.6	39.3	13.3	14.2
20-39.....	13.2	23.1	12.3	9.3	60.5	33.7	31.9	44.1	27.3	8.4
40-59.....	9.3	23.0	13.9	8.7	68.7	44.9	37.6	50.2	34.7	6.7
60 and over.....	6.0	23.4	13.8	10.2	69.3	51.0	28.7	59.2	40.9	5.9
20 and over.....	28.5	23.1	13.1	9.3	65.0	41.0	33.1	49.3	32.6	7.3
Females:										
6-11.....	3.5	21.8	14.4	13.4	54.8	40.1	23.9	56.0	19.8	17.3
12-19.....	4.1	11.3	7.7	8.6	49.8	26.3	29.9	46.8	20.5	13.1
20-39.....	13.7	18.5	10.8	9.0	62.7	36.7	34.0	48.2	29.6	11.6
40-59.....	9.3	18.8	9.6	9.4	68.2	42.5	35.5	50.7	35.4	8.7
60 and over.....	8.3	15.6	12.0	9.4	69.8	50.6	32.6	56.6	38.0	7.7
20 and over.....	31.3	17.8	10.7	9.2	66.2	42.1	34.1	51.2	33.5	9.7
All individuals.....	82.7	19.6	11.4	10.4	61.0	38.8	30.6	49.9	28.5	10.5
Black:										
Males and females:										
1-2.....	0.6	20.4	9.5	8.9	32.7	23.0	9.3	34.4	15.3	6.6
3-5.....	0.6	27.0	5.7	17.2	48.5	38.3	18.1	44.6	18.5	8.5
5 and under ‡ .....	1.4	21.2	9.0	11.5	35.4	26.8	12.0	34.5	14.8	6.6
Males:										
6-11.....	0.6	23.4	5.0	10.5	34.5	19.3	13.2	42.4	16.7	1.3
12-19.....	0.6	13.8	7.5	15.0	28.3	22.2	10.9	49.1	22.8	14.0
20-39.....	1.7	28.9	7.5	8.5	51.1	31.9	19.2	39.2	22.8	8.1
40-59.....	0.8	29.8	15.3	1.1	53.6	33.4	22.2	47.1	39.9	3.8
60 and over.....	0.8	47.3	12.4	.4	73.6	48.7	31.0	64.2	53.3	2.0
20 and over.....	3.2	33.7	10.6	4.7	57.3	36.5	22.9	47.3	34.5	5.6
Females:										
6-11.....	0.8	17.0	14.1	11.7	61.9	22.3	41.0	49.8	14.1	9.4
12-19.....	1.2	17.0	12.1	12.9	42.2	31.2	14.4	36.1	8.8	7.2
20-39.....	2.1	27.1	13.6	5.3	49.1	25.0	29.2	37.8	27.0	8.3
40-59.....	1.4	23.8	13.2	4.6	60.8	35.0	30.9	58.0	43.1	6.5
60 and over.....	0.9	31.9	12.1	10.5	64.0	43.9	17.4	70.9	67.4	1.9
20 and over.....	4.4	27.0	13.1	6.1	55.9	32.1	27.4	51.0	40.4	6.4
All individuals.....	12.3	25.6	11.3	8.1	50.5	30.7	22.5	46.0	28.9	6.6

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 6.3A.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Mean intakes per individual in a day, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1989-91

FSP participation, sex, and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
Percent ----- Grams -----										
Participating:										
Males and females:										
1-2.....	0.5	20	† 6	† 3	4	3	† 1	16	2	† 2
3-5.....	0.6	22	12	6	5	† 2	2	25	† 3	† 5
5 and under ‡ .....	1.3	20	† 21	4	4	2	1	18	3	3
Males:										
6-11.....	0.5	18	† 21	† 4	4	2	† 2	21	4	† 3
12-19.....	0.3	17	† 27	† 1	7	† 3	† 3	† 37	7	† 5
20-39.....	0.5	45	† 47	† 3	13	7	† 6	19	7	† 2
40-59.....	0.2	† 40	† 46	† 3	† 8	† 3	† 4	† 13	† 9	† 3
60 and over.....	0.2	† 23	† 33	† 2	† 8	† 4	† 3	† 24	† 5	† 4
20 and over.....	0.8	39	44	3	11	5	5	19	7	† 3
Females:										
6-11.....	0.5	16	26	† 3	5	2	† 3	32	† 4	† 4
12-19.....	0.5	16	34	† 6	7	3	4	25	2	† 7
20-39.....	1.2	27	20	2	11	4	5	17	7	† 4
40-59.....	0.4	17	42	† 2	8	4	3	† 12	5	† 1
60 and over.....	0.4	† 22	† 34	† 1	11	6	† 3	15	4	† 1
20 and over.....	2.0	24	27	2	10	4	4	16	6	3
All individuals.....	5.9	23	28	3	8	3	3	21	5	3
Not participating:										
Males and females:										
1-2.....	0.4	20	† 16	† 4	3	3	*	21	1	† 3
3-5.....	0.6	16	† 15	† 7	5	3	† 2	25	1	† 6
5 and under ‡ .....	1.1	16	26	5	4	3	1	26	1	4
Males:										
6-11.....	0.6	9	† 20	3	6	3	† 2	19	2	† 4
12-19.....	0.6	27	† 59	† 3	8	4	3	22	5	† 6
20-39.....	1.2	37	49	5	15	7	8	17	5	† 4
40-59.....	0.6	32	63	† 3	14	5	7	17	7	† 1
60 and over.....	0.8	29	47	† 2	12	8	3	19	6	† 1
20 and over.....	2.6	33	52	4	14	7	6	18	6	2
Females:										
6-11.....	0.6	19	† 28	† 4	6	3	3	34	2	† 13
12-19.....	0.6	23	† 28	† 1	8	4	4	20	† 4	† 7
20-39.....	1.4	19	26	2	11	4	6	18	5	4
40-59.....	0.9	19	30	† 1	11	4	5	19	6	† 3
60 and over.....	1.7	14	21	2	11	5	4	15	4	1
20 and over.....	3.9	17	25	2	11	5	5	17	5	3
All individuals.....	10.1	22	34	3	10	5	5	20	4	4

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 6.3B.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Percentages of individuals using, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1989-91

FSP participation, sex, and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
<i>Percent ----- Percent -----</i>										
Participating:										
Males and females:										
1-2.....	0.5	35.4	7.7	12.8	40.7	33.5	9.0	47.3	26.6	9.3
3-5.....	0.6	29.4	12.3	22.5	37.6	26.3	11.4	54.8	23.5	13.0
5 and under ‡ .....	1.3	30.6	10.7	15.5	34.1	26.0	8.8	44.7	22.1	9.7
Males:										
6-11.....	0.5	24.7	14.9	13.1	37.8	23.3	12.5	52.0	27.1	7.0
12-19.....	0.3	17.8	12.5	4.1	36.7	17.1	18.5	38.5	23.3	11.4
20-39.....	0.5	34.6	15.8	7.9	48.0	31.5	20.9	43.9	35.1	4.6
40-59.....	0.2	38.1	17.0	4.4	43.6	25.3	10.5	43.1	39.9	4.6
60 and over.....	0.2	28.0	13.2	6.3	43.5	29.0	17.4	54.4	46.4	4.7
20 and over.....	0.8	34.2	15.6	6.7	46.1	29.5	17.7	45.7	38.4	4.6
Females:										
6-11.....	0.5	23.3	23.1	8.2	35.8	25.4	11.5	56.1	26.8	10.5
12-19.....	0.5	17.7	21.2	10.3	44.0	28.5	19.0	40.7	19.2	10.2
20-39.....	1.2	29.4	12.6	6.8	46.6	27.8	18.8	46.5	35.1	5.0
40-59.....	0.4	23.5	18.0	8.2	52.3	33.6	15.8	48.7	42.6	2.4
60 and over.....	0.4	23.2	18.8	6.8	62.2	44.8	22.1	64.0	54.2	2.3
20 and over.....	2.0	27.0	14.9	7.1	50.8	32.3	18.8	50.4	40.3	3.9
All individuals.....	5.9	26.9	15.2	9.6	42.7	28.0	15.3	47.6	30.9	7.1
Not participating:										
Males and females:										
1-2.....	0.4	30.5	11.1	18.0	31.4	25.2	6.6	51.4	17.8	11.1
3-5.....	0.6	24.5	10.6	23.6	45.8	34.3	18.0	52.5	24.6	15.0
5 and under ‡ .....	1.1	24.6	11.4	19.2	36.6	28.2	11.9	48.3	20.2	12.1
Males:										
6-11.....	0.6	15.1	8.1	10.5	37.5	25.8	13.3	43.7	18.8	11.6
12-19.....	0.6	28.1	17.7	8.1	41.0	34.1	12.2	44.3	22.0	10.6
20-39.....	1.2	30.5	17.3	10.3	57.1	33.9	28.0	47.2	30.2	9.2
40-59.....	0.6	33.3	26.4	8.0	57.0	34.9	25.9	46.6	35.8	3.4
60 and over.....	0.8	33.6	17.2	6.3	64.6	47.2	17.0	59.9	46.2	1.9
20 and over.....	2.6	32.1	19.3	8.5	59.5	38.4	24.0	51.2	36.6	5.5
Females:										
6-11.....	0.6	29.0	16.0	15.5	47.9	33.7	20.7	54.6	22.0	23.1
12-19.....	0.6	26.1	12.5	3.8	45.1	29.9	20.6	37.6	14.8	10.6
20-39.....	1.4	21.9	15.9	5.7	51.7	33.2	25.0	46.4	35.7	8.2
40-59.....	0.9	26.6	15.4	4.1	59.4	37.1	25.6	54.6	40.8	7.6
60 and over.....	1.7	21.4	12.5	7.1	64.3	49.2	22.7	59.3	44.9	5.2
20 and over.....	3.9	22.7	14.3	6.0	58.9	41.1	24.1	53.9	40.8	6.7
All individuals.....	10.1	25.9	15.1	8.9	52.8	36.5	21.0	50.4	32.3	8.7

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 6.4A.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Mean intakes per individual in a day, by poverty status, 1 day, 1989-91

Poverty status, sex, and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
<i>Percent</i> ----- <i>Grams</i> -----										
Under 100% poverty:										
Males and females:										
1-2.....	0.8	22	11	2	4	3	† 1	17	2	† 3
3-5.....	0.8	22	15	5	4	2	1	22	2	5
5 and under ‡ .....	1.9	20	28	3	4	2	1	20	2	3
Males:										
6-11.....	0.7	18	26	† 3	5	3	† 2	21	4	4
12-19.....	0.7	22	44	† 2	7	4	3	24	7	7
20-39.....	1.1	41	58	4	15	6	8	18	5	† 4
40-59.....	0.5	38	47	† 3	14	6	7	13	7	† 2
60 and over.....	0.5	27	47	† 2	11	6	3	17	6	† 2
20 and over.....	2.1	37	53	3	14	6	7	16	5	† 3
Females:										
6-11.....	0.8	22	32	† 3	5	3	† 2	32	3	† 5
12-19.....	0.9	19	32	† 3	7	3	4	20	3	7
20-39.....	1.9	25	27	2	10	4	5	17	5	4
40-59.....	0.8	18	35	1	10	4	4	13	5	† 3
60 and over.....	1.2	13	27	1	10	5	3	17	5	† 1
20 and over.....	3.9	20	29	2	10	4	4	16	5	3
All individuals.....	11.0	23	35	3	9	4	4	19	4	4
100% poverty and over:										
Males and females:										
1-2.....	2.3	12	† 8	4	3	2	† 1	21	1	3
3-5.....	3.5	13	† 7	6	6	4	2	25	2	5
5 and under ‡ .....	6.3	12	17	5	5	3	1	22	1	4
Males:										
6-11.....	3.9	14	† 9	3	10	4	† 5	29	2	10
12-19.....	4.1	16	24	6	15	5	9	31	3	9
20-39.....	12.7	28	26	4	17	6	10	20	7	4
40-59.....	8.7	24	31	4	22	8	12	19	5	3
60 and over.....	5.7	24	35	4	18	8	9	21	5	2
20 and over.....	27.2	26	29	4	19	7	10	20	6	3
Females:										
6-11.....	3.4	13	16	5	9	4	5	44	2	9
12-19.....	4.0	9	9	3	10	3	7	25	3	6
20-39.....	13.0	17	13	4	17	5	11	16	4	5
40-59.....	9.0	16	15	3	17	5	10	18	3	3
60 and over.....	6.8	12	23	2	18	6	8	20	4	2
20 and over.....	28.8	16	16	3	17	5	10	17	4	4
All individuals.....	77.7	18	21	4	16	5	9	21	4	5

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91



Table 6.4B.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Percentages of individuals using, by poverty status, 1 day, 1989-91

Poverty status, sex, and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
<i>Percent ----- Percent -----</i>										
Under 100% poverty:										
Males and females:										
1-2.....	0.8	37.1	9.1	11.5	38.3	31.0	8.5	49.0	23.7	10.8
3-5.....	0.8	29.5	13.1	20.1	37.4	27.6	11.1	51.4	22.1	14.8
5 and under ‡ .....	1.9	30.8	12.0	13.9	33.4	25.9	8.6	44.6	20.4	11.1
Males:										
6-11.....	0.7	25.9	14.2	12.6	40.8	27.2	12.7	53.4	27.2	10.5
12-19.....	0.7	23.6	15.8	5.0	38.5	27.7	13.3	43.6	23.3	12.5
20-39.....	1.1	34.6	19.0	9.8	52.5	34.1	23.7	45.6	30.6	7.6
40-59.....	0.5	37.4	22.2	6.2	58.1	36.9	24.7	50.4	40.0	5.1
60 and over.....	0.5	34.2	19.1	5.7	56.4	35.5	17.6	55.2	47.7	2.9
20 and over.....	2.1	35.2	19.8	8.0	54.8	35.1	22.5	49.0	36.9	5.9
Females:										
6-11.....	0.8	30.7	23.3	11.4	43.4	31.9	15.1	53.9	23.0	16.5
12-19.....	0.9	21.1	18.1	6.6	44.6	26.8	22.1	38.6	15.1	10.7
20-39.....	1.9	27.5	16.1	6.3	49.9	31.3	20.1	45.9	34.2	6.3
40-59.....	0.8	25.8	17.6	5.5	54.9	33.5	21.1	51.8	42.9	5.2
60 and over.....	1.2	20.9	16.3	7.3	63.3	46.2	18.8	63.7	52.1	4.7
20 and over.....	3.9	25.1	16.5	6.4	55.2	36.4	19.9	52.7	41.6	5.6
All individuals.....	11.0	28.0	16.8	8.7	47.7	32.1	17.5	49.0	31.5	8.5
100% poverty and over:										
Males and females:										
1-2.....	2.3	20.5	10.5	19.2	37.6	28.6	12.9	52.2	13.1	10.6
3-5.....	3.5	20.6	5.7	20.1	49.1	38.0	17.8	57.3	16.2	17.7
5 and under ‡ .....	6.3	19.6	8.4	18.1	41.6	32.2	14.5	51.6	13.9	13.6
Males:										
6-11.....	3.9	19.0	8.5	11.9	46.7	30.4	21.9	49.6	15.2	18.4
12-19.....	4.1	13.9	10.6	12.3	54.7	29.8	30.0	41.8	13.5	15.7
20-39.....	12.7	23.7	11.3	8.9	61.6	34.8	31.2	44.7	29.4	7.9
40-59.....	8.7	22.0	13.6	8.1	67.8	43.7	36.5	51.2	36.0	7.1
60 and over.....	5.7	25.4	15.1	9.2	69.9	51.2	29.1	58.8	43.0	5.7
20 and over.....	27.2	23.5	12.9	8.7	65.4	41.1	32.5	49.7	34.4	7.2
Females:										
6-11.....	3.4	18.8	11.6	15.0	58.1	36.5	29.7	56.9	18.1	16.3
12-19.....	4.0	9.9	7.4	10.0	49.0	25.8	28.5	43.7	17.7	11.2
20-39.....	13.0	19.1	10.8	8.2	62.3	35.5	34.1	48.2	30.0	12.0
40-59.....	9.0	18.4	9.7	9.0	69.2	43.0	35.6	51.9	36.2	8.4
60 and over.....	6.8	16.4	12.1	9.5	70.3	51.3	32.9	58.2	41.1	7.4
20 and over.....	28.8	18.3	10.7	8.7	66.3	41.6	34.3	51.8	34.6	9.8
All individuals.....	77.7	19.6	11.0	10.2	61.1	38.4	30.7	50.2	29.2	10.3

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 6.5A.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Mean intakes per individual in a day, by income level, 1 day, 1989-91

Income level, sex, and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
Percent		Grams								
Under 131% poverty:										
Males and females:										
1-2.....	1.0	20	11	3	4	3	1	18	2	† 3
3-5.....	1.2	19	13	7	5	3	2	25	† 2	5
5 and under ‡ .....	2.4	18	24	5	4	2	1	22	2	3
Males:										
6-11.....	1.1	13	20	3	5	2	2	20	3	4
12-19.....	1.0	24	† 48	† 3	8	4	3	27	6	6
20-39.....	1.6	39	49	4	15	7	8	18	5	4
40-59.....	0.8	34	59	† 3	13	5	6	16	7	† 2
60 and over.....	1.0	28	44	† 2	11	7	3	20	6	† 1
20 and over.....	3.4	35	50	3	13	6	6	18	6	3
Females:										
6-11.....	1.1	18	27	3	6	3	3	33	3	9
12-19.....	1.2	20	31	† 3	8	3	4	22	3	7
20-39.....	2.5	23	23	2	11	4	6	18	6	4
40-59.....	1.2	19	34	2	10	4	4	16	6	3
60 and over.....	2.1	15	24	1	11	5	4	15	4	1
20 and over.....	5.9	19	26	2	11	4	5	17	5	3
All individuals.....	16.0	22	32	3	9	4	4	20	4	4
131-350% poverty:										
Males and females:										
1-2.....	1.2	13	† 8	† 4	2	2	† 1	14	† 1	† 3
3-5.....	2.1	12	† 5	5	6	4	2	27	1	4
5 and under ‡ .....	3.6	12	† 21	4	4	3	1	20	1	3
Males:										
6-11.....	2.3	15	† 9	4	10	4	4	25	† 3	8
12-19.....	2.1	16	† 30	† 6	12	4	7	29	3	9
20-39.....	5.8	31	27	3	14	5	8	18	7	4
40-59.....	2.7	26	36	3	19	7	11	18	7	† 2
60 and over.....	2.7	26	34	3	18	8	8	23	5	2
20 and over.....	11.1	28	31	3	17	6	9	19	6	3
Females:										
6-11.....	2.1	11	† 14	6	10	4	6	46	2	6
12-19.....	2.1	8	† 10	† 4	10	3	6	27	3	6
20-39.....	6.0	19	15	3	14	4	9	18	6	5
40-59.....	3.0	16	13	2	15	5	8	17	4	2
60 and over.....	3.4	13	23	2	14	6	6	23	4	3
20 and over.....	12.5	17	17	2	14	4	8	19	5	4
All individuals.....	35.9	19	21	3	13	5	7	22	4	4

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 6.5A.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Mean intakes per individual in a day, by income level, 1 day, 1989-91--continued

Income level, sex, and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
<i>Percent</i> ----- <i>Grams</i>										
Over 350% poverty:										
Males and females:										
1-2.....	0.8	† 12	† 8	† 4	† 3	† 2	† 1	† 33	*	† 2
3-5.....	1.1	† 16	† 9	† 7	6	5	† 2	20	† 2	6
5 and under ‡ .....	2.1	13	† 14	† 5	4	3	† 1	24	† 1	4
Males:										
6-11.....	1.2	† 15	† 10	† 3	† 11	4	† 7	† 39	† 1	† 17
12-19.....	1.7	† 13	† 10	† 7	20	† 7	13	32	† 2	† 11
20-39.....	6.4	26	† 25	4	20	6	12	21	8	5
40-59.....	5.8	23	26	4	24	8	12	19	5	3
60 and over.....	2.6	22	35	6	20	7	10	18	4	† 2
20 and over.....	14.8	24	27	4	21	7	12	20	6	4
Females:										
6-11.....	1.0	† 20	† 22	† 3	† 9	† 6	† 2	† 43	† 1	† 13
12-19.....	1.7	† 8	† 6	† 3	11	2	8	22	† 3	† 6
20-39.....	6.3	15	10	4	21	6	13	14	3	5
40-59.....	5.5	16	14	3	19	6	11	17	3	4
60 and over.....	2.5	9	† 25	3	26	7	11	18	3	† 3
20 and over.....	14.3	14	14	4	21	6	12	16	3	4
All individuals.....	36.8	18	19	4	19	6	11	21	4	5

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 6.5B.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Percentages of individuals using, by income level, 1 day, 1989-91

Income level, sex, and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
<i>Percent ----- Percent -----</i>										
Under 131% poverty:										
Males and females:										
1-2.....	1.0	33.2	9.2	15.1	36.5	29.8	7.9	49.1	22.7	10.1
3-5.....	1.2	27.0	11.5	23.0	41.6	30.3	14.6	53.7	24.1	14.0
5 and under ‡ .....	2.4	27.9	11.0	17.2	35.2	27.0	10.3	46.4	21.2	10.8
Males:										
6-11.....	1.1	19.6	11.3	11.7	37.6	24.6	12.9	47.6	22.7	9.5
12-19.....	1.0	24.4	15.8	6.7	39.5	28.0	14.5	42.2	22.4	10.9
20-39.....	1.6	31.7	16.9	9.6	54.6	33.2	26.0	46.3	31.5	7.9
40-59.....	0.8	34.4	24.1	7.1	53.8	32.6	22.2	45.7	36.8	3.7
60 and over.....	1.0	32.7	16.6	6.3	61.3	44.4	17.1	59.0	46.2	2.3
20 and over.....	3.4	32.6	18.4	8.1	56.3	36.3	22.5	49.9	37.0	5.3
Females:										
6-11.....	1.1	26.4	19.3	12.1	42.3	29.8	16.5	55.3	24.2	17.3
12-19.....	1.2	22.4	16.4	6.7	44.6	29.3	19.9	39.0	16.8	10.4
20-39.....	2.5	25.4	14.4	6.2	49.3	30.7	22.1	46.5	35.4	6.7
40-59.....	1.2	25.6	16.2	5.4	57.1	36.0	22.5	52.7	41.4	5.9
60 and over.....	2.1	21.8	13.7	7.0	63.9	48.4	22.6	60.2	46.5	4.6
20 and over.....	5.9	24.1	14.5	6.3	56.2	38.2	22.4	52.7	40.7	5.8
All individuals.....	16.0	26.2	15.1	9.2	49.0	33.4	18.9	49.4	31.8	8.1
131-350% poverty:										
Males and females:										
1-2.....	1.2	19.5	9.0	17.1	39.9	32.9	11.4	52.3	14.1	12.8
3-5.....	2.1	18.0	4.3	20.0	47.9	36.2	18.7	61.8	18.8	13.7
5 and under ‡ .....	3.6	18.2	7.4	17.2	42.1	33.1	14.5	54.5	15.8	12.1
Males:										
6-11.....	2.3	16.0	7.7	13.2	47.7	27.1	25.0	51.0	18.0	17.4
12-19.....	2.1	16.2	13.0	12.8	51.9	29.0	26.2	44.4	17.4	16.5
20-39.....	5.8	23.9	12.3	8.7	57.5	30.9	28.4	46.5	31.1	6.9
40-59.....	2.7	24.4	15.5	7.7	67.3	45.0	33.7	54.8	41.9	5.0
60 and over.....	2.7	29.2	16.2	7.3	69.6	50.7	29.6	60.3	44.8	6.7
20 and over.....	11.1	25.3	14.0	8.1	62.8	39.1	30.0	51.8	37.0	6.4
Females:										
6-11.....	2.1	18.3	9.3	17.9	59.4	32.8	36.2	54.1	15.7	15.7
12-19.....	2.1	9.8	7.6	10.2	50.0	28.2	28.4	42.6	17.2	11.6
20-39.....	6.0	19.8	12.4	7.4	58.8	30.6	31.8	49.6	33.6	10.6
40-59.....	3.0	19.1	9.5	7.1	64.6	39.3	32.5	50.5	38.9	5.6
60 and over.....	3.4	18.0	11.6	9.3	68.4	50.5	30.1	60.1	44.0	6.8
20 and over.....	12.5	19.2	11.5	7.8	62.8	38.2	31.5	52.7	37.7	8.4
All individuals.....	35.9	20.0	11.4	10.2	58.2	35.8	28.7	51.5	30.3	9.8

‡ Includes infants under 1.

Continued

Table 6.5B.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Percentages of individuals using, by income level, 1 day, 1989-91--continued

Income level, sex, and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
<i>Percent</i> ----- <i>Percent</i> -----										
Under 131% poverty:										
Males and females:										
1-2.....	0.8	22.6	12.9	19.7	36.2	23.2	16.8	52.7	10.4	7.9
3-5.....	1.1	25.4	7.8	17.1	50.3	41.5	14.4	48.6	7.5	26.6
5 and under ‡ .....	2.1	22.3	10.2	16.8	40.8	31.0	14.3	46.5	8.1	17.1
Males:										
6-11.....	1.2	28.3	10.8	10.0	49.3	39.8	18.7	50.9	10.3	23.5
12-19.....	1.7	9.0	6.6	11.8	60.5	30.9	36.9	39.0	7.5	16.2
20-39.....	6.4	23.5	10.4	9.0	65.4	38.6	33.6	42.8	27.6	8.7
40-59.....	5.8	20.5	12.1	8.2	69.1	43.9	38.8	50.1	33.6	8.3
60 and over.....	2.6	20.4	14.2	11.7	71.0	51.1	31.0	56.5	40.9	5.4
20 and over.....	14.8	21.8	11.7	9.2	67.8	42.8	35.2	48.0	32.2	8.0
Females:										
6-11.....	1.0	20.7	17.3	9.1	61.6	48.4	18.9	62.4	20.3	16.6
12-19.....	1.7	7.5	6.9	10.3	48.3	20.9	30.9	45.6	17.5	11.0
20-39.....	6.3	18.5	9.4	9.2	67.3	40.9	36.9	47.0	25.7	13.8
40-59.....	5.5	17.5	9.4	10.3	72.2	45.2	38.1	52.5	34.6	10.0
60 and over.....	2.5	11.7	13.6	10.9	74.9	52.3	38.5	56.7	37.8	9.2
20 and over.....	14.3	16.9	10.1	9.9	70.5	44.5	37.7	50.8	31.2	11.5
All individuals.....	36.8	18.9	10.7	10.1	65.3	41.3	33.8	49.0	27.6	11.1

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91



Table 6.6A.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Mean intakes per individual in a day, by region, 1 day, 1989-91

Region, sex, and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
<i>Percent</i> ----- <i>Grams</i> -----										
Northeast:										
Males and females:										
1-2.....	0.6	12	† 1	† 4	3	2	*	† 18	† 2	*
3-5.....	1.0	9	† 9	6	7	† 5	† 2	† 29	† 1	6
5 and under ‡ .....	1.8	9	† 25	4	5	4	1	22	1	3
Males:										
6-11.....	0.8	† 11	† 12	2	9	† 3	6	17	† 1	† 4
12-19.....	1.2	† 14	† 15	† 3	13	3	10	27	† 3	† 7
20-39.....	3.3	22	† 20	† 2	15	7	7	12	6	† 3
40-59.....	2.3	21	25	† 5	27	11	11	11	4	† 2
60 and over.....	1.3	14	19	† 3	19	8	8	16	4	† 2
20 and over.....	6.9	20	21	3	20	8	9	13	5	3
Females:										
6-11.....	1.0	7	† 31	† 6	9	† 5	4	† 37	1	† 6
12-19.....	1.0	† 12	† 11	† 7	15	† 4	11	12	† 1	† 5
20-39.....	3.7	19	9	† 3	17	6	10	15	5	4
40-59.....	2.3	14	12	3	16	5	9	16	4	† 3
60 and over.....	2.1	12	21	† 1	18	8	9	13	3	† 2
20 and over.....	8.0	16	13	2	17	6	10	15	4	3
All individuals.....	20.7	16	18	3	16	6	8	17	4	3
Midwest:										
Males and females:										
1-2.....	0.9	19	6	† 3	4	3	1	23	† 1	† 2
3-5.....	1.1	18	† 14	5	5	4	2	23	† 2	6
5 and under ‡ .....	2.3	16	17	4	4	3	1	23	† 1	4
Males:										
6-11.....	1.3	17	† 11	4	7	† 4	† 2	32	2	† 14
12-19.....	1.4	† 14	† 28	12	15	5	8	24	1	10
20-39.....	4.0	33	† 27	4	15	6	7	23	† 5	6
40-59.....	2.7	20	24	† 4	22	9	12	21	† 5	† 3
60 and over.....	1.4	25	21	† 5	21	12	8	25	4	† 2
20 and over.....	8.1	27	† 25	4	18	8	9	23	5	5
Females:										
6-11.....	1.1	† 20	† 12	† 4	8	4	4	44	1	† 11
12-19.....	1.2	† 9	† 13	† 2	8	3	5	25	1	† 6
20-39.....	4.4	15	13	5	16	4	10	15	2	6
40-59.....	2.8	14	† 21	3	15	7	8	18	2	5
60 and over.....	1.9	13	18	† 2	16	7	7	23	2	† 4
20 and over.....	9.1	14	17	4	16	6	9	18	2	5
All individuals.....	24.5	19	19	4	14	6	7	23	3	6

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

Continued

Table 6.6A.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Mean intakes per individual in a day, by region, 1 day, 1989-91--continued

Region, sex, and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
<i>Percent ----- Grams -----</i>										
South:										
Males and females:										
1-2.....	1.1	16	† 14	4	2	1	† 1	16	1	† 4
3-5.....	1.6	12	† 7	7	5	2	2	26	2	4
5 and under ‡ .....	3.0	14	21	5	4	2	1	20	2	4
Males:										
6-11.....	1.7	12	† 15	4	† 12	3	† 7	29	† 4	4
12-19.....	1.8	13	† 30	† 3	10	† 4	6	35	6	7
20-39.....	5.2	27	34	5	18	4	12	21	9	3
40-59.....	3.4	29	49	2	17	6	10	22	7	† 3
60 and over.....	2.7	30	49	† 4	14	6	7	24	5	2
20 and over.....	11.3	28	42	4	17	5	10	22	8	3
Females:										
6-11.....	1.5	13	25	† 3	8	4	4	† 50	3	† 7
12-19.....	2.3	† 12	14	† 1	9	3	5	27	5	5
20-39.....	5.4	18	17	† 3	14	4	9	17	6	4
40-59.....	4.0	18	15	† 2	13	4	8	16	4	3
60 and over.....	3.6	11	25	2	12	5	5	23	5	2
20 and over.....	13.0	16	19	2	13	4	8	19	5	3
All individuals.....	34.6	19	27	3	13	4	7	23	5	4
West:										
Males and females:										
1-2.....	0.7	9	† 9	† 4	3	2	† 1	† 23	† 1	† 3
3-5.....	1.1	18	† 6	† 5	7	4	2	17	† 1	† 4
5 and under ‡ .....	1.9	14	† 16	4	5	3	2	17	1	3
Males:										
6-11.....	1.1	17	† 12	† 4	6	4	† 2	28	† 1	† 13
12-19.....	1.0	† 26	† 32	† 3	19	8	10	† 29	† 2	† 10
20-39.....	3.3	30	25	4	18	4	11	18	4	† 5
40-59.....	2.0	30	26	† 4	27	7	15	16	5	3
60 and over.....	1.6	26	29	4	19	6	11	20	6	† 2
20 and over.....	6.9	29	26	4	21	6	12	18	5	4
Females:										
6-11.....	0.9	21	† 16	† 5	8	4	4	27	† 3	† 10
12-19.....	1.1	14	† 12	† 5	9	3	† 6	24	† 2	11
20-39.....	3.3	23	19	4	17	4	11	16	3	5
40-59.....	2.2	18	16	2	22	4	14	17	4	2
60 and over.....	1.9	19	31	4	25	5	10	16	4	† 3
20 and over.....	7.4	20	21	3	21	4	11	16	4	4
All individuals.....	20.3	22	22	4	17	5	10	19	3	5

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 6.6B.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Percentages of individuals using, by region, 1 day, 1989-91

Region, sex, and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
<i>Percent ----- Percent -----</i>										
Northeast:										
Males and females:										
1-2.....	0.6	20.1	2.8	11.2	27.4	23.8	3.3	34.6	17.9	1.3
3-5.....	1.0	15.6	10.9	23.3	43.8	33.0	13.3	42.9	10.9	14.4
5 and under ‡ .....	1.8	15.6	9.7	16.6	35.0	27.9	8.4	35.4	12.1	8.3
Males:										
6-11.....	0.8	18.1	6.4	7.3	46.0	21.6	29.6	35.3	8.1	14.6
12-19.....	1.2	12.0	7.4	8.2	54.5	26.1	28.9	41.3	14.9	7.5
20-39.....	3.3	18.4	5.9	7.1	53.7	34.8	26.3	48.0	37.7	5.8
40-59.....	2.3	18.1	10.5	10.8	69.3	49.1	34.2	50.9	37.7	5.0
60 and over.....	1.3	15.9	8.7	7.0	68.1	42.1	25.6	55.0	40.8	2.7
20 and over.....	6.9	17.8	8.0	8.3	61.6	41.0	28.8	50.3	38.3	4.9
Females:										
6-11.....	1.0	15.4	14.7	13.7	57.5	30.5	30.8	49.5	8.1	11.0
12-19.....	1.0	10.8	10.2	16.8	44.0	24.5	25.3	33.2	8.5	9.7
20-39.....	3.7	21.1	10.3	6.9	59.2	34.8	34.3	51.6	36.1	9.1
40-59.....	2.3	16.5	8.6	8.3	68.3	38.1	35.3	48.6	35.9	6.1
60 and over.....	2.1	16.5	8.7	3.8	72.6	52.2	34.9	56.2	43.8	4.0
20 and over.....	8.0	18.6	9.4	6.5	65.3	40.3	34.7	52.0	38.1	6.9
All individuals.....	20.7	17.1	9.0	8.9	58.7	36.7	29.3	47.7	30.6	7.0
Midwest:										
Males and females:										
1-2.....	0.9	26.8	11.5	11.9	49.4	39.3	19.0	57.0	13.9	9.9
3-5.....	1.1	21.6	10.0	19.6	49.3	41.5	17.2	57.0	14.4	19.7
5 and under ‡ .....	2.3	21.3	10.4	14.5	43.9	36.1	15.9	50.9	12.7	13.7
Males:										
6-11.....	1.3	21.5	12.3	12.1	39.9	28.1	13.1	48.5	20.9	15.2
12-19.....	1.4	13.6	10.3	22.8	50.3	31.6	21.8	41.1	10.3	17.4
20-39.....	4.0	26.5	8.1	10.4	59.7	41.0	23.6	39.5	17.7	10.7
40-59.....	2.7	21.8	9.1	8.4	68.6	49.0	29.2	47.7	29.9	9.0
60 and over.....	1.4	29.1	7.4	10.1	82.4	68.7	28.4	57.0	38.0	5.5
20 and over.....	8.1	25.4	8.3	9.7	66.6	48.5	26.3	45.3	25.4	9.2
Females:										
6-11.....	1.1	20.8	11.4	13.8	54.4	36.8	21.3	62.3	13.9	22.2
12-19.....	1.2	14.1	7.3	10.2	41.7	29.5	17.8	46.5	16.3	8.3
20-39.....	4.4	15.2	9.5	11.3	62.3	36.1	29.2	41.8	19.5	14.5
40-59.....	2.8	19.7	7.8	10.7	71.7	52.5	29.5	47.5	27.7	10.9
60 and over.....	1.9	16.0	8.4	9.0	72.9	61.0	28.8	57.2	34.9	8.8
20 and over.....	9.1	16.8	8.8	10.7	67.4	46.3	29.2	46.7	25.2	12.2
All individuals.....	24.5	20.2	9.1	11.6	60.6	43.0	24.8	47.1	22.1	12.1

‡ Includes infants under 1.

Continued

Table 6.6B.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Percentages of individuals using, by region, 1 day, 1989-91--continued

Region, sex, and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
<i>Percent ----- Percent -----</i>										
South:										
Males and females:										
1-2.....	1.1	27.7	14.9	20.6	32.0	21.8	11.1	50.7	17.5	13.5
3-5.....	1.6	17.6	7.2	18.7	41.6	27.6	17.8	63.4	22.7	16.5
5 and under ‡ .....	3.0	21.4	10.9	17.7	34.9	23.7	13.7	55.0	19.2	13.8
Males:										
6-11.....	1.7	14.9	10.0	14.0	46.4	30.4	20.8	56.6	20.3	13.4
12-19.....	1.8	16.8	15.1	5.5	47.2	26.8	27.2	41.3	19.7	14.5
20-39.....	5.2	24.1	17.9	7.9	61.0	28.8	35.3	47.1	33.3	7.5
40-59.....	3.4	25.6	23.2	5.3	59.6	36.1	36.6	52.8	38.7	6.2
60 and over.....	2.7	31.5	21.0	8.3	62.0	44.2	26.2	65.2	47.1	6.7
20 and over.....	11.3	26.3	20.2	7.2	60.8	34.6	33.6	53.1	38.2	6.9
Females:										
6-11.....	1.5	20.1	22.2	12.3	55.2	36.0	28.7	55.9	29.2	11.1
12-19.....	2.3	10.4	11.1	2.3	50.4	25.3	29.6	46.9	26.7	11.5
20-39.....	5.4	20.0	12.9	6.1	57.4	31.2	33.3	52.6	37.8	10.4
40-59.....	4.0	21.2	11.6	7.3	64.0	36.4	34.9	56.4	42.5	6.7
60 and over.....	3.6	16.6	16.5	10.7	63.8	43.6	26.6	63.2	47.2	6.9
20 and over.....	13.0	19.4	13.5	7.7	61.2	36.2	32.0	56.7	41.8	8.3
All individuals.....	34.6	20.9	15.6	8.5	56.4	33.1	29.8	53.9	34.9	9.2
West:										
Males and females:										
1-2.....	0.7	17.8	6.3	19.9	37.1	30.3	11.0	59.5	18.9	13.0
3-5.....	1.1	32.6	3.6	21.1	46.2	37.0	16.1	51.8	17.3	15.5
5 and under ‡ .....	1.9	25.9	5.3	18.6	38.9	31.4	12.9	49.6	16.4	13.2
Males:										
6-11.....	1.1	27.3	6.6	12.8	51.0	36.1	21.9	48.8	13.5	23.9
12-19.....	1.0	16.8	8.2	7.4	57.6	34.0	29.0	38.3	13.1	16.6
20-39.....	3.3	24.3	14.1	9.9	62.1	30.9	36.3	43.8	25.4	8.3
40-59.....	2.0	27.3	11.4	8.9	77.3	44.4	46.5	48.8	35.9	5.9
60 and over.....	1.6	25.1	15.6	10.5	71.2	50.4	34.8	58.2	42.5	5.3
20 and over.....	6.9	25.4	13.7	9.8	68.6	39.3	38.9	48.6	32.4	6.9
Females:										
6-11.....	0.9	29.3	6.6	15.7	55.5	39.7	28.2	49.5	20.1	21.6
12-19.....	1.1	18.3	6.9	16.9	55.1	32.2	29.6	46.0	10.7	17.7
20-39.....	3.3	25.5	12.9	8.4	63.3	38.1	33.3	40.1	22.3	11.0
40-59.....	2.2	19.1	12.7	8.5	63.2	37.5	39.8	52.5	40.6	8.9
60 and over.....	1.9	21.4	12.1	13.1	71.5	45.3	38.4	53.8	34.0	10.0
20 and over.....	7.4	22.5	12.6	9.6	65.4	39.7	36.6	47.3	30.7	10.1
All individuals.....	20.3	23.9	11.1	11.3	61.8	37.9	33.1	47.6	26.5	11.3

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 7.1A.--Beverages: Mean intakes per individual in a day, by sex and age, 1 day, 1989-91

Sex and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
Percent			Grams											
Males and females:														
Under 1.....	0.9	† 20	0	0	0	† 20	0	*	† 17	† 16	† 1	† 2	† 2	*
1-2.....	3.2	151	0	0	0	151	*	† 9	85	75	† 9	57	52	† 4
3-5.....	4.8	230	*	*	0	230	† 2	26	100	89	† 11	101	90	8
5 and under.....	9.0	180	*	*	0	180	† 1	17	86	76	† 9	75	67	6
Males:														
Under 1.....	0.5	† 17	0	0	0	† 17	0	*	† 15	† 12	† 2	† 2	† 2	*
1-2.....	1.5	154	0	0	0	154	*	† 8	91	76	† 15	54	52	† 2
3-5.....	2.5	229	0	0	0	229	*	† 20	99	83	† 16	109	95	† 10
6-11.....	4.9	329	*	*	0	329	† 2	44	114	89	† 25	169	154	14
12-19.....	5.3	639	† 4	*	† 4	634	12	95	104	93	† 12	424	380	42
20-29.....	7.3	1,042	197	7	179	845	168	136	101	75	† 23	439	371	68
30-39.....	8.5	1,171	208	† 9	195	962	407	136	50	40	† 10	367	252	113
40-49.....	6.2	1,198	186	12	169	1,013	534	149	53	39	† 14	277	190	87
50-59.....	4.2	1,115	152	12	131	963	551	168	51	44	† 7	193	124	67
60-69.....	3.9	878	82	† 14	53	795	506	115	34	27	† 7	139	80	57
70-79.....	2.4	719	27	† 4	† 20	693	430	115	45	33	† 12	103	59	42
80 and over.....	0.7	662	† 18	† 3	† 7	644	326	165	57	57	0	96	71	† 26
20 and over.....	33.2	1,063	162	9	145	900	408	139	60	46	13	292	212	79
Females:														
Under 1.....	0.5	† 23	0	0	0	† 23	0	*	† 20	† 20	0	† 2	† 2	0
1-2.....	1.7	149	0	0	0	149	0	† 10	81	74	† 3	59	52	† 7
3-5.....	2.3	231	*	*	0	231	† 5	† 33	101	95	† 5	92	85	7
6-11.....	4.6	264	0	0	0	264	† 1	40	86	80	† 6	136	122	13
12-19.....	5.6	534	† 15	*	† 12	519	† 21	87	87	78	† 9	324	264	56
20-29.....	7.7	713	51	† 9	† 40	661	154	120	61	50	† 10	327	216	111
30-39.....	9.1	859	47	10	30	812	317	136	59	44	† 15	300	171	129
40-49.....	6.7	956	53	11	39	903	412	174	36	31	† 5	281	163	115
50-59.....	4.5	822	38	9	† 25	784	438	137	37	33	† 4	171	85	86
60-69.....	4.6	762	28	† 7	† 15	734	429	124	36	30	† 6	145	80	64
70-79.....	3.0	605	7	† 4	*	598	324	161	34	25	† 9	78	42	37
80 and over.....	1.787	521	† 7	† 3	† 1	514	275	149	28	24	† 4	63	39	† 17
20 and over.....	37.4	793	40	9	27	753	327	141	46	37	9	238	140	97
All individuals.....	100.0	758	70	6	59	688	260	114	65	54	11	248	177	70

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91



Table 7.1B.--Beverages: Percentages of individuals using, by sex and age, 1 day, 1989-91

Sex and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
Percent			Percent											
Males and females:														
Under 1.....	0.9	8.9	0.0	0.0	0.0	8.9	0.0	.3	8.4	7.7	.1	2.7	2.7	1.1
1-2.....	3.2	47.1	0.0	0.0	0.0	47.1	.3	4.6	28.1	24.8	4.0	21.4	19.6	2.0
3-5.....	4.8	54.3	.1	.1	0.0	54.2	.6	7.8	26.8	24.4	3.4	31.4	28.7	2.8
5 and under.....	9.0	47.0	.1	.1	0.0	46.9	.4	5.9	25.3	22.8	3.3	24.8	22.7	2.3
Males:														
Under 1.....	0.5	4.4	0.0	0.0	0.0	4.4	0.0	.3	4.4	3.0	.3	2.2	2.2	2.2
1-2.....	1.5	47.9	0.0	0.0	0.0	47.9	.6	4.3	28.8	24.8	5.9	22.5	22.1	.8
3-5.....	2.5	56.6	0.0	0.0	0.0	56.6	.1	6.3	27.3	24.6	5.1	33.5	30.9	2.9
6-11.....	4.9	64.3	.1	.1	0.0	64.3	1.2	11.3	27.4	22.7	5.9	37.7	35.1	3.5
12-19.....	5.3	77.9	1.0	.4	.6	77.7	3.1	14.2	17.5	14.9	2.6	59.4	54.3	8.1
20-29.....	7.3	88.1	20.4	2.6	16.0	85.7	31.1	19.4	15.8	12.4	3.0	59.3	51.2	9.9
30-39.....	8.5	92.8	24.5	3.3	19.9	89.3	54.2	23.1	10.7	8.7	2.0	54.8	39.9	17.2
40-49.....	6.2	94.0	24.2	4.7	17.9	91.6	67.9	23.9	10.0	7.9	2.3	50.3	36.7	14.7
50-59.....	4.2	93.1	26.1	6.2	15.2	92.1	73.8	27.0	8.6	7.1	1.6	35.0	24.4	11.4
60-69.....	3.9	93.4	17.9	5.7	7.8	90.6	76.9	23.5	9.7	7.6	2.0	31.3	17.9	13.0
70-79.....	2.4	91.1	10.3	3.2	4.7	90.5	79.5	25.4	10.5	9.0	1.8	24.2	14.4	10.4
80 and over.....	0.7	93.3	9.8	.9	1.3	93.3	74.7	39.5	20.1	20.1	0.0	31.1	23.3	7.8
20 and over.....	33.2	92.0	21.6	4.0	15.2	89.6	59.1	23.5	11.5	9.3	2.2	47.0	35.0	13.2
Females:														
Under 1.....	0.5	13.6	0.0	0.0	0.0	13.6	0.0	.4	12.6	12.6	0.0	3.3	3.3	0.0
1-2.....	1.7	46.4	0.0	0.0	0.0	46.4	0.0	4.8	27.5	24.8	2.2	20.4	17.4	3.1
3-5.....	2.3	51.9	.2	.2	0.0	51.6	1.0	9.5	26.2	24.1	1.5	29.2	26.3	2.7
6-11.....	4.6	60.4	0.0	0.0	0.0	60.4	.5	11.2	25.4	23.2	2.0	37.0	33.9	3.2
12-19.....	5.6	77.6	2.0	.9	.9	77.5	4.1	17.6	21.1	18.2	3.2	58.0	47.9	12.5
20-29.....	7.7	84.1	8.5	2.9	5.0	83.1	26.6	23.6	13.9	11.5	2.4	54.2	39.5	17.7
30-39.....	9.1	90.2	11.8	4.5	4.7	89.5	48.9	25.4	14.7	12.2	2.6	53.8	35.1	21.8
40-49.....	6.7	94.0	12.1	4.2	6.0	93.4	63.1	31.1	9.9	8.8	1.3	53.0	31.7	24.0
50-59.....	4.5	91.3	11.6	5.6	3.2	90.3	71.4	29.6	10.5	9.4	1.0	34.8	18.8	16.9
60-69.....	4.6	92.4	10.7	4.7	2.7	91.6	74.3	29.6	10.6	8.5	2.1	30.5	16.9	14.4
70-79.....	3.0	89.6	5.0	2.4	.2	89.6	72.2	35.7	11.5	9.6	2.6	21.5	11.5	10.8
80 and over.....	1.8	89.2	5.3	2.7	.3	87.3	68.8	34.8	11.1	10.6	.7	19.5	13.0	5.5
20 and over.....	37.4	89.9	10.1	4.0	4.0	89.1	55.5	28.3	12.2	10.4	2.0	44.3	28.2	18.2
All individuals.....	100.0	82.8	11.2	2.9	6.6	81.7	40.9	21.7	15.3	13.0	2.4	44.3	33.1	12.8

NOTE: See \* Table notes.\*

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 7.2A.--Beverages: Mean intakes per individual in a day, by race, 1 day, 1989-91

Race sex, and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
Percent			Grams											
White:														
Males and females:														
1-2.....	2.3	136	0	0	0	136	*	† 9	84	70	† 12	43	37	† 5
3-5.....	3.8	219	*	*	0	219	† 3	28	94	85	† 8	94	81	10
5 and under ‡ .....	6.8	172	*	*	0	171	† 2	19	83	74	† 8	68	58	8
Males:														
6-11.....	3.9	336	*	*	0	336	† 1	48	114	89	† 25	173	158	15
12-19.....	4.5	675	† 5	*	† 5	670	13	101	99	86	† 13	458	407	50
20-39.....	13.2	1,149	212	9	196	937	317	130	64	43	19	425	321	103
40-59.....	9.3	1,189	173	12	155	1,015	563	156	51	39	† 11	245	158	86
60 and over.....	6.0	835	62	11	39	773	495	124	36	27	† 9	118	66	50
20 and over.....	28.5	1,096	168	10	149	928	435	137	54	39	14	301	214	86
Females:														
6-11.....	3.5	256	0	0	0	256	† 1	41	71	63	† 7	143	126	17
12-19.....	4.1	545	† 3	*	† 2	543	† 15	101	73	63	† 10	354	283	68
20-39.....	13.7	827	47	10	31	780	265	138	50	39	12	326	189	138
40-59.....	9.3	920	46	11	30	875	448	160	32	27	† 5	234	119	114
60 and over.....	8.3	673	19	6	† 8	654	382	140	30	23	† 6	102	53	47
20 and over.....	31.3	814	39	9	25	775	351	145	40	31	8	239	132	106
All individuals.....	82.7	791	73	7	61	718	284	118	58	46	12	257	178	78
Black:														
Males and females:														
1-2.....	0.6	205	0	0	0	205	0	† 8	† 89	† 88	† 1	108	105	† 3
3-5.....	0.6	314	0	0	0	314	0	† 28	145	136	† 9	140	138	† 3
5 and under ‡ .....	1.4	227	0	0	0	227	0	† 16	103	98	† 5	108	106	† 2
Males:														
6-11.....	0.6	319	0	0	0	319	† 12	† 35	† 146	† 123	† 23	† 125	† 112	† 12
12-19.....	0.6	410	† 3	0	† 3	407	† 5	† 40	† 116	† 112	† 4	247	241	0
20-39.....	1.7	845	159	0	152	686	116	† 118	171	170	*	280	261	† 19
40-59.....	0.8	1,009	† 150	† 2	† 148	859	† 371	† 167	† 74	† 70	† 4	247	239	5
60 and over.....	0.8	573	† 32	0	† 32	542	223	90	† 72	† 72	*	157	† 120	† 36
20 and over.....	3.2	816	125	† 1	121	691	204	123	123	122	† 1	241	221	† 20
Females:														
6-11.....	0.8	284	0	0	0	284	0	† 43	136	136	0	† 105	† 102	† 2
12-19.....	1.2	508	† 60	0	† 51	448	† 43	† 48	† 123	† 121	† 1	234	215	† 10
20-39.....	2.1	651	† 86	† 13	† 71	565	111	76	108	107	1	270	231	† 39
40-59.....	1.4	827	† 56	† 9	† 47	771	† 309	† 131	61	59	† 2	269	224	† 36
60 and over.....	0.9	547	† 7	† 1	† 6	540	198	137	54	48	† 6	151	99	† 51
20 and over.....	4.4	687	† 60	† 9	† 50	627	192	106	82	80	† 3	246	202	41
All individuals.....	12.3	591	60	† 3	55	531	127	83	108	105	† 3	212	188	22

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91

Table 7.2B.--Beverages: Percentage of individuals using, by race, 1 day, 1989-91

Race sex, and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
<hr/>														
Percent			Percent											
White:														
Males and females:														
1-2.....	2.3	44.7	0.0	0.0	0.0	44.7	.3	4.3	28.6	24.1	5.4	18.2	15.9	2.5
3-5.....	3.8	52.3	.1	.1	0.0	52.1	.7	8.5	25.7	23.7	2.7	30.1	26.7	3.3
5 and under ‡ .....	6.8	45.6	.1	.1	0.0	45.5	.5	6.2	25.2	22.5	3.4	23.4	20.8	2.9
Males:														
6-11.....	3.9	65.3	.1	.1	0.0	65.3	.9	11.8	27.5	22.7	5.7	38.7	36.0	4.0
12-19.....	4.5	80.9	1.1	.5	.6	80.7	3.2	14.6	16.7	13.8	2.9	62.9	57.3	9.5
20-39.....	13.2	91.5	23.5	3.6	18.4	88.3	45.1	20.5	11.1	8.0	2.9	59.6	46.7	15.3
40-59.....	9.3	94.3	25.1	5.7	16.6	92.7	71.7	25.5	9.3	7.5	1.9	44.2	30.6	14.7
60 and over.....	6.0	93.4	16.5	5.1	6.7	91.4	79.3	25.3	9.3	7.4	2.0	27.9	15.9	12.0
20 and over.....	28.5	92.8	22.6	4.6	15.4	90.4	61.0	23.1	10.1	7.7	2.4	47.9	34.9	14.4
Females:														
6-11.....	3.5	59.1	0.0	0.0	0.0	59.1	.2	11.5	21.8	18.9	2.5	39.5	35.8	3.9
12-19.....	4.1	78.7	1.6	1.2	.2	78.6	3.6	19.6	17.7	14.8	3.4	61.3	49.7	14.7
20-39.....	13.7	88.7	10.9	4.1	4.7	87.9	40.7	25.7	12.6	10.1	2.6	54.4	35.6	22.1
40-59.....	9.3	93.6	12.7	5.3	4.6	92.8	68.7	30.6	9.6	8.5	1.2	46.0	24.8	23.2
60 and over.....	8.3	91.6	8.7	4.0	1.6	90.7	73.5	32.6	10.0	8.4	1.9	24.4	13.1	11.7
20 and over.....	31.3	90.9	10.8	4.4	3.9	90.1	57.7	29.0	11.0	9.2	2.0	44.0	26.4	19.7
All individuals.....	82.7	84.1	12.0	3.4	6.8	82.9	43.3	22.3	13.8	11.4	2.6	45.1	32.6	14.3
Black:														
Males and females:														
1-2.....	0.6	54.0	0.0	0.0	0.0	54.0	0.0	5.2	27.5	27.5	.3	32.5	31.6	1.2
3-5.....	0.6	66.9	0.0	0.0	0.0	66.9	0.0	8.2	34.3	34.3	3.8	39.3	39.1	1.1
5 and under ‡ .....	1.4	52.9	0.0	0.0	0.0	52.9	0.0	5.9	27.2	27.1	1.9	31.2	30.7	1.0
Males:														
6-11.....	0.6	57.8	0.0	0.0	0.0	57.8	4.2	12.7	31.0	30.5	4.9	26.9	24.6	2.6
12-19.....	0.6	56.3	.5	0.0	.5	56.3	2.9	9.5	21.2	20.0	1.1	39.6	38.0	0.0
20-39.....	1.7	86.9	20.3	0.0	19.2	84.1	28.8	20.1	30.9	30.8	.1	47.8	44.4	4.9
40-59.....	0.8	87.3	17.5	.2	17.1	86.0	56.6	23.1	11.8	10.7	1.1	48.6	47.5	.7
60 and over.....	0.8	85.0	2.8	0.0	2.8	85.0	61.2	24.8	22.7	22.6	.1	34.5	26.6	7.9
20 and over.....	3.2	86.5	15.2	*	14.6	84.8	43.5	22.0	24.3	24.0	.3	44.7	40.7	4.6
Females:														
6-11.....	0.8	61.5	0.0	0.0	0.0	61.5	0.0	11.2	36.2	36.2	0.0	26.7	25.5	.8
12-19.....	1.2	72.7	3.6	0.0	3.6	72.7	5.8	12.9	27.7	27.2	.5	47.4	44.8	2.8
20-39.....	2.1	82.3	10.9	3.3	7.9	80.3	25.4	18.5	25.5	24.9	.6	53.9	46.8	9.6
40-59.....	1.4	88.9	9.3	2.5	6.5	88.9	56.3	23.8	13.5	12.2	1.3	44.8	39.3	8.3
60 and over.....	0.9	84.3	1.6	1.0	.6	84.3	61.0	30.5	17.6	15.1	2.5	38.0	27.1	11.1
20 and over.....	4.4	84.8	8.5	2.6	6.0	83.9	42.6	22.7	20.0	18.8	1.2	47.8	40.4	9.5
All individuals.....	12.3	76.0	7.4	.9	6.3	75.3	27.5	17.7	24.4	23.8	1.1	42.1	37.9	5.2

\* Value less than 0.05 but greater than 0.

‡ Includes infants under 1.

NOTE: See \* Table notes.\*

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91

Table 7.3A.--Beverages: Mean intakes per individual in a day, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1989-91

FSP participation, sex, and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
Percent			Grams											
Participating:														
Males and females:														
1-2.....	0.5	166	0	0	0	166	*	† 8	113	102	† 1	46	42	† 4
3-5.....	0.6	246	*	*	0	246	† 2	† 37	111	110	† 1	96	92	† 3
5 and under ‡ .....	1.3	186	*	*	0	186	† 1	† 20	102	96	† 2	63	60	† 3
Males:														
6-11.....	0.5	291	*	*	0	291	† 5	† 54	93	91	† 2	140	129	† 9
12-19.....	0.3	533	† 5	0	† 5	527	† 23	81	161	152	† 9	263	252	0
20-39.....	0.5	871	† 181	† 1	† 179	690	231	116	84	84	0	260	249	† 7
40-59.....	0.2	† 1,024	† 159	† 0	† 158	† 865	† 435	† 139	† 105	† 105	† 0	† 186	† 149	† 24
60 and over.....	0.2	† 783	† 222	† 13	† 207	† 562	† 336	† 96	† 32	† 30	† 2	† 99	† 87	† 11
20 and over.....	0.8	890	183	† 3	180	707	300	118	79	78	*	211	194	† 12
Females:														
6-11.....	0.5	288	0	0	0	288	† 3	38	108	108	0	140	134	† 6
12-19.....	0.5	463	† 2	0	† 2	460	† 17	† 42	161	160	† 1	241	229	† 10
20-39.....	1.2	690	† 26	† 12	13	664	198	90	99	98	† 2	273	237	35
40-59.....	0.4	699	† 20	0	† 20	679	299	126	† 53	† 53	0	201	164	† 37
60 and over.....	0.4	615	† 2	0	† 2	613	288	† 140	† 57	† 40	† 17	128	† 105	† 20
20 and over.....	2.0	677	20	† 7	† 12	657	236	107	82	77	† 4	230	197	33
All individuals.....	5.9	505	32	† 3	29	473	122	72	100	97	† 3	178	161	15
Not participating:														
Males and females:														
1-2.....	0.4	178	0	0	0	178	† 2	† 18	104	103	† 1	55	55	0
3-5.....	0.6	245	0	0	0	245	† 3	† 7	133	131	† 2	101	99	† 2
5 and under ‡ .....	1.1	196	0	0	0	196	† 2	† 11	109	108	† 1	73	72	† 1
Males:														
6-11.....	0.6	322	0	0	0	322	† 8	41	80	78	† 2	193	185	† 9
12-19.....	0.6	591	0	0	0	591	† 40	83	175	171	† 4	293	281	† 6
20-39.....	1.2	1,045	159	† 5	152	886	246	105	92	83	† 9	438	356	† 82
40-59.....	0.6	1,057	125	† 4	117	933	385	169	114	106	† 8	264	206	† 55
60 and over.....	0.8	782	† 37	0	† 36	746	443	138	54	54	*	111	73	† 38
20 and over.....	2.6	964	112	† 3	107	851	341	130	85	79	† 6	294	231	† 62
Females:														
6-11.....	0.6	315	0	0	0	315	† 6	51	130	126	† 4	127	118	† 3
12-19.....	0.6	533	† 16	0	† 16	517	† 24	112	107	107	0	274	263	† 7
20-39.....	1.4	787	43	† 6	35	744	242	109	77	71	† 5	315	250	65
40-59.....	0.9	896	21	† 1	19	875	417	140	58	55	† 3	260	201	58
60 and over.....	1.7	596	† 8	† 2	† 6	588	339	145	31	27	† 3	73	49	24
20 and over.....	3.9	727	23	† 3	19	704	323	132	52	49	4	197	151	46
All individuals.....	10.1	661	39	† 2	36	622	219	104	84	81	4	215	178	35

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."



Table 7.3B.--Beverages: Percentages of individuals using, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1989-91

FSP participation, sex, and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
Percent			Percent											
Participating:														
Males and females:														
1-2.....	0.5	46.6	0.0	0.0	0.0	46.6	.5	4.1	28.9	26.9	.3	16.0	14.6	1.6
3-5.....	0.6	64.3	.9	.9	0.0	63.4	.7	8.5	35.0	34.6	.2	26.5	25.7	1.2
5 and under ‡ .....	1.3	49.5	.4	.4	0.0	49.1	.5	5.5	29.0	27.9	.3	19.4	18.4	2.0
Males:														
6-11.....	0.5	66.0	.7	.7	0.0	66.0	1.7	13.0	25.8	25.5	.3	33.4	31.7	2.1
12-19.....	0.3	79.2	.8	0.0	.8	79.2	6.7	15.2	26.2	24.1	2.0	48.3	45.4	0.0
20-39.....	0.5	82.6	12.0	.6	11.1	80.6	42.3	17.5	15.2	15.2	0.0	42.4	39.7	1.9
40-59.....	0.2	90.4	14.4	0.0	13.1	85.4	59.9	23.5	14.6	14.6	0.0	32.0	28.1	2.2
60 and over.....	0.2	82.8	14.8	2.9	11.9	81.0	60.2	19.5	9.5	8.4	1.1	20.1	19.0	1.1
20 and over.....	0.8	84.5	13.1	.9	11.7	81.8	49.9	19.3	13.9	13.7	.2	35.6	32.9	1.8
Females:														
6-11.....	0.5	59.8	0.0	0.0	0.0	59.8	.6	11.1	30.0	30.0	0.0	33.5	31.3	2.6
12-19.....	0.5	75.1	.6	0.0	.6	75.1	6.7	8.7	34.9	34.6	.3	47.1	45.1	2.6
20-39.....	1.2	85.2	5.6	2.2	2.8	83.9	34.0	16.1	21.4	20.8	.6	47.6	41.2	6.9
40-59.....	0.4	87.6	2.0	0.0	2.0	87.6	55.5	20.7	7.9	7.9	0.0	38.0	30.5	8.3
60 and over.....	0.4	85.0	.2	0.0	.2	85.0	65.8	29.0	11.9	10.8	1.1	23.3	17.9	5.8
20 and over.....	2.0	85.7	3.8	1.3	2.2	84.9	44.5	19.6	16.8	16.3	.5	40.9	34.5	7.0
All individuals.....	5.9	72.4	3.3	.7	2.4	71.7	22.7	14.0	23.1	22.5	.5	35.2	31.8	3.6
Not participating:														
Males and females:														
1-2.....	0.4	56.4	0.0	0.0	0.0	56.4	1.4	9.3	29.3	29.0	.3	26.9	26.9	0.0
3-5.....	0.6	57.3	0.0	0.0	0.0	57.3	1.0	3.7	33.9	33.0	.9	33.5	33.1	.8
5 and under ‡ .....	1.1	51.7	0.0	0.0	0.0	51.7	1.1	5.7	29.2	28.6	.6	27.7	27.5	.4
Males:														
6-11.....	0.6	65.0	0.0	0.0	0.0	65.0	3.1	12.3	22.3	21.9	.4	44.9	43.4	2.2
12-19.....	0.6	80.0	0.0	0.0	0.0	80.0	11.0	16.5	30.1	29.0	1.1	47.8	44.6	1.6
20-39.....	1.2	89.1	14.4	.7	13.2	87.4	37.0	15.3	18.2	16.9	1.5	58.3	51.8	8.6
40-59.....	0.6	92.3	10.4	.4	9.0	90.5	56.4	22.4	18.6	17.7	.9	43.2	34.6	8.6
60 and over.....	0.8	88.8	4.9	0.0	4.0	88.7	75.6	23.5	9.9	9.8	.1	23.2	16.1	7.1
20 and over.....	2.6	89.7	10.4	.4	9.3	88.5	53.8	19.6	15.6	14.8	.9	43.6	36.4	8.1
Females:														
6-11.....	0.6	70.6	0.0	0.0	0.0	70.6	3.0	12.0	36.5	34.3	2.2	34.7	31.6	1.6
12-19.....	0.6	83.6	1.4	0.0	1.4	83.5	7.0	20.4	23.2	23.2	0.0	55.7	52.5	1.9
20-39.....	1.4	86.4	7.0	2.2	3.7	86.0	39.4	19.6	17.8	16.4	1.5	53.5	44.9	11.0
40-59.....	0.9	92.7	4.0	.5	3.2	92.7	66.2	26.0	12.5	11.6	.9	44.7	32.7	12.2
60 and over.....	1.7	90.8	2.4	1.3	1.1	90.8	72.3	32.0	10.0	8.8	1.3	20.9	14.1	6.9
20 and over.....	3.9	89.7	4.4	1.4	2.5	89.6	59.6	26.4	13.3	12.0	1.3	37.3	28.7	9.4
All individuals.....	10.1	82.0	4.5	.7	3.4	81.6	38.8	19.7	19.2	18.2	1.0	40.0	34.1	6.3

‡ Includes infants under 1.

NOTE: See \* Table notes.\*

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91



Table 7.4A.--Beverages: Mean intakes per individual in a day, by poverty status, 1 day, 1989-91

Poverty status, sex, and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
Percent			Grams											
Under 100% poverty:														
Males and females:														
1-2.....	0.8	173	0	0	0	173	*	† 11	117	110	† 1	46	43	† 3
3-5.....	0.8	232	*	*	0	232	† 1	18	117	116	† 1	96	93	† 2
5 and under ‡ .....	1.9	181	*	*	0	181	*	13	105	101	† 1	63	60	† 2
Males:														
6-11.....	0.7	303	*	*	0	303	† 9	57	93	90	† 3	145	132	† 11
12-19.....	0.7	565	† 3	0	† 3	563	33	76	174	166	† 8	280	267	† 5
20-39.....	1.1	975	155	† 6	148	820	229	98	97	89	† 8	391	322	† 67
40-59.....	0.5	1,052	172	† 4	166	880	415	134	101	98	† 3	230	197	† 28
60 and over.....	0.5	843	† 64	0	† 62	780	434	174	† 56	† 55	† 1	116	77	† 39
20 and over.....	2.1	962	137	† 4	132	824	322	125	88	83	† 5	287	234	† 51
Females:														
6-11.....	0.8	300	0	0	0	300	† 3	45	127	126	† 1	125	120	† 6
12-19.....	0.9	489	† 12	0	† 12	477	† 24	63	145	145	*	245	236	† 7
20-39.....	1.9	718	36	† 10	25	682	203	99	96	93	† 4	282	237	45
40-59.....	0.8	788	† 16	0	† 16	772	381	118	51	48	† 3	221	172	50
60 and over.....	1.2	582	† 7	† 1	† 6	575	308	145	40	31	† 9	82	56	25
20 and over.....	3.9	690	23	† 5	17	668	273	117	69	64	† 5	207	167	40
All individuals.....	11.0	580	36	† 3	33	544	164	85	97	93	4	196	168	26
100% poverty and over:														
Males and females:														
1-2.....	2.3	149	0	0	0	149	*	† 9	77	65	† 12	63	58	† 5
3-5.....	3.5	243	0	0	0	243	† 1	31	104	90	† 15	107	94	10
5 and under ‡ .....	6.3	190	0	0	0	190	*	20	87	74	† 12	82	73	8
Males:														
6-11.....	3.9	331	0	0	0	331	† 1	45	116	87	† 29	168	152	† 15
12-19.....	4.1	641	† 5	*	† 5	635	† 9	101	86	76	† 10	439	388	50
20-39.....	12.7	1,135	196	9	179	938	315	144	70	53	† 17	408	305	102
40-59.....	8.7	1,200	177	12	158	1,023	568	156	51	39	† 12	246	164	81
60 and over.....	5.7	799	58	11	36	741	458	116	41	32	† 9	126	74	50
20 and over.....	27.2	1,085	161	10	142	924	427	142	58	44	14	297	211	84
Females:														
6-11.....	3.4	260	0	0	0	260	† 1	40	77	70	† 7	143	126	15
12-19.....	4.0	544	† 18	*	† 15	526	† 21	93	79	68	† 11	332	262	65
20-39.....	13.0	823	50	9	35	773	259	141	54	41	† 13	319	188	132
40-59.....	9.0	914	50	12	33	864	429	162	36	31	† 5	236	131	103
60 and over.....	6.8	693	21	7	† 10	672	376	146	32	26	† 6	118	65	51
20 and over.....	28.8	821	43	9	29	777	340	148	44	34	9	246	141	104
All individuals.....	77.7	789	74	7	61	715	277	120	61	49	12	256	179	76

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

Table 7.4B.--Beverages: Percentages of individuals using, by poverty status, 1 day, 1989-91

Poverty status, sex, and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
<hr/>														
Percent			Percent											
<hr/>														
Under 100% poverty:														
Males and females:														
1-2.....	0.8	49.4	0.0	0.0	0.0	49.4	.4	5.4	32.2	30.7	.4	18.2	17.3	1.1
3-5.....	0.8	60.4	.6	.6	0.0	59.7	.7	5.3	35.9	35.6	.1	27.3	26.5	1.0
5 and under ‡ .....	1.9	48.9	.3	.3	0.0	48.6	.5	4.7	30.7	29.9	.3	20.4	19.7	1.5
Males:														
6-11.....	0.7	65.7	.5	.5	0.0	65.7	2.9	14.4	25.4	24.9	.6	35.1	33.0	2.8
12-19.....	0.7	79.5	.4	0.0	.4	79.5	10.0	14.4	26.6	24.7	2.0	49.6	46.1	1.4
20-39.....	1.1	86.4	11.8	1.0	10.7	84.6	36.7	14.8	17.3	16.5	1.0	53.8	47.9	6.3
40-59.....	0.5	92.0	14.4	.5	13.5	88.6	63.9	20.0	17.1	16.7	.4	38.2	32.2	5.6
60 and over.....	0.5	89.1	6.5	0.0	5.6	88.5	74.6	25.1	10.5	10.0	.5	23.9	16.9	6.9
20 and over.....	2.1	88.4	11.1	.7	10.1	86.5	52.2	18.5	15.6	15.0	.8	43.0	36.8	6.3
Females:														
6-11.....	0.8	62.8	0.0	0.0	0.0	62.8	1.3	11.0	35.4	34.9	.5	32.4	29.9	2.7
12-19.....	0.9	78.7	1.0	0.0	1.0	78.6	7.7	12.8	30.6	30.4	.2	49.2	47.4	1.8
20-39.....	1.9	85.7	6.4	2.1	3.8	84.7	34.7	17.4	21.5	20.5	1.0	49.4	42.6	8.7
40-59.....	0.8	92.3	2.3	0.0	2.3	92.3	64.8	21.5	9.9	8.9	1.0	40.8	30.9	10.7
60 and over.....	1.2	89.9	1.5	.6	.9	89.9	70.1	30.9	10.9	9.2	1.7	21.6	14.4	7.5
20 and over.....	3.9	88.4	4.0	1.2	2.6	87.9	52.1	22.5	15.7	14.5	1.2	38.9	31.3	8.7
All individuals.....	11.0	77.1	3.8	.6	3.0	76.5	30.3	16.1	22.2	21.3	.8	37.4	32.7	5.2
100% poverty and over:														
Males and females:														
1-2.....	2.3	48.2	0.0	0.0	0.0	48.2	.3	4.5	27.6	23.5	5.4	23.8	21.6	2.5
3-5.....	3.5	54.9	0.0	0.0	0.0	54.9	.1	9.2	26.2	23.5	4.4	33.6	30.4	3.3
5 and under ‡ .....	6.3	48.6	0.0	0.0	0.0	48.6	.2	6.7	25.2	22.3	4.4	27.4	24.8	2.7
Males:														
6-11.....	3.9	63.3	0.0	0.0	0.0	63.3	1.0	11.3	27.2	22.5	6.3	37.2	34.4	3.9
12-19.....	4.1	77.2	1.2	.5	.7	76.9	2.2	14.5	16.4	13.7	2.7	60.1	54.3	8.9
20-39.....	12.7	91.5	23.2	3.5	17.9	88.6	45.4	21.9	12.9	10.3	2.5	58.5	45.2	15.6
40-59.....	8.7	93.7	26.7	5.9	17.6	92.5	72.3	24.9	9.1	7.1	2.2	45.1	32.1	14.0
60 and over.....	5.7	93.1	15.7	5.3	6.1	91.1	77.5	26.0	11.4	9.7	1.9	29.7	17.7	11.9
20 and over.....	27.2	92.5	22.7	4.6	15.3	90.3	60.8	23.7	11.3	9.1	2.3	48.1	35.2	14.3
Females:														
6-11.....	3.4	60.8	0.0	0.0	0.0	60.8	.3	11.6	23.4	21.0	2.4	39.0	35.7	3.4
12-19.....	4.0	79.0	2.5	1.3	1.1	78.9	3.4	18.2	19.7	16.3	3.9	60.8	48.5	15.1
20-39.....	13.0	89.7	11.2	4.1	5.3	88.7	41.0	26.7	13.6	11.1	2.6	56.2	37.1	21.9
40-59.....	9.0	92.7	13.4	5.7	5.2	91.9	66.5	30.8	10.5	9.3	1.3	46.0	26.4	21.3
60 and over.....	6.8	90.9	9.3	4.5	1.8	89.9	72.6	34.9	10.8	9.1	2.0	27.1	14.9	12.5
20 and over.....	28.8	90.9	11.4	4.7	4.4	90.0	56.4	29.9	11.9	10.1	2.0	46.1	28.5	19.5
All individuals.....	77.7	84.0	12.4	3.4	7.1	82.9	42.5	22.7	14.7	12.3	2.7	46.0	33.5	14.1

‡ Includes infants under 1.

NOTE: See \* Table notes.\*

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91

Table 7.5A.--Beverages: Mean intakes per individual in a day, by income level, 1 day, 1989-91

Income level, sex, and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
Percent			Grams											
Under 131% poverty:														
Males and females:														
1-2.....	1.0	172	0	0	0	172	† 1	† 12	109	103	† 1	50	48	† 2
3-5.....	1.2	245	*	*	0	245	† 2	† 22	122	120	† 1	98	96	† 2
5 and under ‡ .....	2.4	191	*	*	0	190	† 2	16	105	102	† 1	68	66	† 2
Males:														
6-11.....	1.1	307	*	*	0	307	† 6	47	86	84	† 2	168	158	† 9
12-19.....	1.0	570	† 2	0	† 2	569	34	82	170	165	† 6	282	271	† 4
20-39.....	1.6	996	165	† 4	159	831	241	108	90	83	† 6	388	326	† 61
40-59.....	0.8	1,049	133	† 3	127	916	397	162	112	105	† 6	245	192	† 48
60 and over.....	1.0	783	† 66	† 2	† 63	717	426	131	51	50	*	109	75	† 34
20 and over.....	3.4	946	129	† 3	124	817	331	127	83	79	† 5	274	222	50
Females:														
6-11.....	1.1	302	0	0	0	302	† 5	45	120	118	† 2	133	126	† 4
12-19.....	1.2	502	† 10	0	† 10	492	21	81	131	131	*	259	248	† 8
20-39.....	2.5	742	35	† 9	25	707	222	100	87	84	† 4	296	244	51
40-59.....	1.2	834	20	† 1	† 19	813	380	136	56	54	† 2	241	189	52
60 and over.....	2.1	600	† 7	† 2	† 5	593	330	144	35	30	† 6	83	59	23
20 and over.....	5.9	710	22	† 5	17	688	294	123	62	58	† 4	208	166	41*
All individuals.....	16.0	603	36	2	33	567	183	92	90	87	3	201	172	28
131-350% poverty:														
Males and females:														
1-2.....	1.2	179	0	0	0	179	0	† 11	85	† 71	† 14	83	77	† 6
3-5.....	2.1	274	0	0	0	274	0	† 39	109	86	† 23	126	108	† 12
5 and under ‡ .....	3.6	218	0	0	0	218	0	† 26	93	75	† 18	100	88	† 9
Males:														
6-11.....	2.3	316	0	0	0	316	† 2	56	126	99	† 27	132	121	† 10
12-19.....	2.1	551	† 5	*	† 5	546	† 7	91	90	80	† 10	359	330	† 27
20-39.....	5.8	1,159	227	† 4	215	931	263	163	79	56	† 23	425	356	65
40-59.....	2.7	1,163	138	† 7	127	1,025	534	190	64	† 58	† 6	235	182	52
60 and over.....	2.7	767	41	† 4	† 34	726	438	124	49	47	† 3	114	76	37
20 and over.....	11.1	1,065	161	† 5	150	904	371	160	68	55	† 14	304	247	55
Females:														
6-11.....	2.1	267	0	0	0	267	0	41	86	77	† 8	141	127	† 14
12-19.....	2.1	517	*	*	0	516	† 11	91	68	58	† 10	346	279	61
20-39.....	6.0	806	† 44	† 8	† 30	762	247	143	53	42	† 10	318	203	115
40-59.....	3.0	875	† 36	† 5	† 27	839	410	152	30	27	† 3	247	157	89
60 and over.....	3.4	690	† 15	† 2	† 10	675	374	144	41	33	† 8	116	65	48
20 and over.....	12.5	791	34	† 6	† 24	757	321	146	44	36	† 8	246	154	90
All individuals.....	35.9	726	62	3	55	664	228	120	68	56	12	248	190	56

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 7.5A.--Beverages: Mean intakes per individual in a day, by income level, 1 day, 1989-91--continued

Income level, sex, and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
Percent		Grams												
Over 350% poverty:														
Males and females:														
1-2.....	0.8	† 103	† 0	† 0	† 0	† 103	† 0	† 4	† 66	† 54	† 12	† 33	† 27	† 6
3-5.....	1.1	175	0	0	0	175	0	† 15	† 87	† 84	† 3	† 74	† 65	† 8
5 and under ‡ .....	2.1	133	0	0	0	133	0	† 9	72	65	† 6	52	† 45	† 7
Males:														
6-11.....	1.2	362	0	0	0	362	0	† 28	† 111	70	† 41	223	195	† 28
12-19.....	1.7	765	† 7	*	† 7	758	† 6	† 114	69	† 57	† 12	568	480	† 88
20-39.....	6.4	1,121	170	14	147	951	365	128	62	48	† 13	395	256	140
40-59.....	5.8	1,224	201	14	177	1,024	594	138	41	26	† 15	250	155	94
60 and over.....	2.6	848	75	20	32	774	486	113	† 31	† 14	† 17	144	73	69
20 and over.....	14.8	1,114	165	15	139	949	476	129	48	34	15	295	185	110
Females:														
6-11.....	1.0	† 230	† 0	† 0	† 0	† 230	† 0	† 35	† 51	† 45	† 6	† 144	† 122	† 22
12-19.....	1.7	576	† 43	*	† 35	534	† 36	† 88	93	† 79	† 14	317	237	† 78
20-39.....	6.3	842	58	10	42	784	268	142	55	39	† 16	319	165	154
40-59.....	5.5	934	59	17	37	875	444	166	38	31	† 7	226	110	114
60 and over.....	2.5	721	34	† 14	† 11	686	385	148	22	† 17	† 5	131	66	66
20 and over.....	14.3	856	54	13	35	802	356	152	43	32	11	251	127	123
All individuals.....	36.8	868	90	11	71	778	332	123	52	39	13	271	168	102

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91



Table 7.5B.--Beverages: Percentages of individuals using, by income level, 1 day, 1989-91

Income level, sex, and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
Percent			Percent											
Under 131% poverty:														
Males and females:														
1-2.....	1.0	50.9	0.0	0.0	0.0	50.9	.9	6.4	29.1	27.8	.3	20.8	20.1	.9
3-5.....	1.2	60.8	.5	.5	0.0	60.3	.9	6.1	34.5	33.8	.6	30.0	29.4	1.0
5 and under ‡ .....	2.4	50.6	.2	.2	0.0	50.3	.8	5.6	29.1	28.2	.4	23.2	22.6	1.3
Males:														
6-11.....	1.1	65.4	.3	.3	0.0	65.4	2.5	12.6	23.9	23.6	.4	39.5	37.9	2.2
12-19.....	1.0	79.7	.3	0.0	.3	79.7	9.5	16.0	28.7	27.3	1.4	47.9	44.9	1.0
20-39.....	1.6	87.3	13.7	.7	12.6	85.5	38.5	15.9	17.4	16.4	1.1	53.9	48.4	6.8
40-59.....	0.8	91.8	11.4	.3	10.0	89.3	57.3	22.7	17.6	17.0	.7	40.5	33.0	7.1
60 and over.....	1.0	87.9	6.5	.5	5.2	87.5	73.2	22.9	9.8	9.6	.2	22.7	16.6	6.1
20 and over.....	3.4	88.5	11.1	.5	9.9	86.9	52.9	19.5	15.2	14.6	.7	41.7	35.6	6.6
Females:														
6-11.....	1.1	65.6	0.0	0.0	0.0	65.6	1.9	11.6	33.5	32.3	1.2	34.1	31.4	2.0
12-19.....	1.2	79.9	1.1	0.0	1.1	79.8	6.8	15.2	28.4	28.3	.1	51.9	49.2	2.2
20-39.....	2.5	85.9	6.4	2.2	3.3	85.0	36.9	18.0	19.5	18.4	1.0	50.8	43.2	9.1
40-59.....	1.2	91.1	3.3	.4	2.8	91.1	62.8	24.3	11.1	10.4	.6	42.6	32.0	11.0
60 and over.....	2.1	89.8	2.0	1.1	1.0	89.8	71.1	31.5	10.4	9.1	1.2	21.4	14.8	6.7
20 and over.....	5.9	88.4	4.2	1.4	2.4	88.0	54.6	24.1	14.4	13.4	1.0	38.5	30.7	8.6
All individuals.....	16.0	78.5	4.0	.7	3.1	77.9	32.8	17.6	20.6	19.8	.8	38.2	33.2	5.3
131-350% poverty:														
Males and females:														
1-2.....	1.2	54.0	0.0	0.0	0.0	54.0	0.0	4.6	29.6	23.7	7.8	29.3	26.8	2.9
3-5.....	2.1	58.7	0.0	0.0	0.0	58.7	0.0	12.0	27.3	23.3	6.9	37.3	33.3	3.5
5 and under ‡ .....	3.6	53.1	0.0	0.0	0.0	53.1	0.0	8.4	26.9	22.6	6.6	31.4	28.3	3.0
Males:														
6-11.....	2.3	60.5	0.0	0.0	0.0	60.5	1.4	14.9	28.9	24.4	7.2	30.2	28.4	2.7
12-19.....	2.1	73.8	1.0	.2	.7	73.3	2.0	15.3	17.5	14.5	3.0	53.9	51.5	5.1
20-39.....	5.8	91.4	17.8	1.0	15.4	88.6	40.1	23.9	13.4	10.9	2.6	59.0	49.4	10.6
40-59.....	2.7	91.9	16.0	3.0	12.7	90.7	69.4	27.3	10.2	9.2	1.3	43.7	34.7	10.1
60 and over.....	2.7	92.0	10.3	2.2	4.9	90.2	76.3	26.1	14.6	14.0	.6	28.8	19.2	10.3
20 and over.....	11.1	91.7	15.5	1.8	12.3	89.5	55.9	25.2	12.9	11.2	1.8	48.0	38.6	10.4
Females:														
6-11.....	2.1	58.0	0.0	0.0	0.0	58.0	0.0	12.1	22.9	20.6	2.3	35.4	33.5	2.5
12-19.....	2.1	80.6	.6	.6	0.0	80.3	2.3	21.3	20.5	16.2	4.7	61.4	50.6	14.2
20-39.....	6.0	88.4	8.2	2.7	3.9	87.1	39.0	27.4	12.8	10.6	2.2	56.4	40.2	19.0
40-59.....	3.0	90.6	6.2	1.6	3.6	90.2	62.6	29.9	9.2	8.7	.9	47.1	30.3	18.8
60 and over.....	3.4	88.7	4.7	1.4	1.5	88.4	69.8	33.8	12.2	10.5	2.2	27.7	14.9	12.6
20 and over.....	12.5	89.0	6.8	2.1	3.2	88.2	53.2	29.8	11.8	10.1	1.9	46.2	30.8	17.2
All individuals.....	35.9	81.1	7.3	1.3	5.0	80.1	36.2	22.9	16.3	13.9	2.9	45.0	35.4	10.9

‡ Includes infants under 1.

Continued



Table 7.5B.--Beverages: Percentages of individuals using, by income level, 1 day, 1989-91--continued

Income level, sex, and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
<i>Percent ----- Percent -----</i>														
Over 350% poverty:														
Males and females:														
1-2.....	0.8	37.6	0.0	0.0	0.0	37.6	0.0	2.9	27.1	24.8	3.1	14.3	11.8	2.4
3-5.....	1.1	45.7	0.0	0.0	0.0	45.7	0.0	4.3	22.9	22.3	.6	25.9	23.3	3.6
5 and under ‡ .....	2.1	38.9	0.0	0.0	0.0	38.9	0.0	3.4	22.8	21.6	1.5	19.3	16.9	2.9
Males:														
6-11.....	1.2	68.2	0.0	0.0	0.0	68.2	0.0	5.1	25.9	19.3	6.6	47.2	41.9	7.1
12-19.....	1.7	80.9	1.8	1.0	.7	80.9	1.5	12.6	12.2	9.5	2.7	70.8	60.0	15.3
20-39.....	6.4	91.7	28.4	6.0	20.2	88.6	50.3	20.3	12.0	9.4	2.6	58.5	41.0	20.8
40-59.....	5.8	94.7	32.7	7.5	20.5	93.4	74.9	23.7	8.2	5.5	2.6	45.8	30.7	16.1
60 and over.....	2.6	95.5	23.3	9.3	7.6	92.8	79.9	27.0	8.5	5.2	3.5	32.2	16.3	14.9
20 and over.....	14.8	93.5	29.2	7.1	18.2	91.2	65.0	22.8	9.9	7.2	2.8	49.0	32.7	17.9
Females:														
6-11.....	1.0	63.1	0.0	0.0	0.0	63.1	0.0	9.9	22.6	20.1	2.6	46.9	40.5	6.4
12-19.....	1.7	76.3	5.1	2.4	2.4	76.3	4.8	13.3	18.8	15.9	3.4	59.7	44.7	17.7
20-39.....	6.3	91.3	14.5	5.5	6.9	90.5	42.7	26.8	14.2	11.4	3.1	56.1	33.2	26.0
40-59.....	5.5	94.1	17.9	8.3	6.1	93.1	69.2	31.3	11.0	9.3	1.7	45.4	23.7	23.4
60 and over.....	2.5	94.3	18.1	9.7	2.6	92.0	76.4	37.2	9.3	7.1	2.2	28.4	14.7	15.0
20 and over.....	14.3	92.9	16.4	7.3	5.9	91.8	58.8	30.3	12.1	9.9	2.4	47.2	26.4	23.1
All individuals.....	36.8	87.1	18.4	5.9	9.7	85.8	49.3	22.8	12.9	10.3	2.7	47.9	31.6	18.3

‡ Includes infants under 1.

NOTE: See \* Table notes."

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91

Table 7.6A.—Beverages: Mean intakes per individual in a day, by region, 1 day, 1989-91

Region, sex, and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
Percent			Grams											
Northeast:														
Males and females:														
1-2.....	0.6	148	0	0	0	148	† 1	† 2	† 78	† 63	† 7	66	63	† 4
3-5.....	1.0	190	*	*	0	190	*	† 41	† 72	† 68	† 4	77	63	† 14
5 and under ‡ .....	1.8	155	*	*	0	155	*	† 23	† 67	† 59	† 5	65	56	† 9
Males:														
6-11.....	0.8	394	*	*	0	394	† 1	† 76	141	127	† 14	176	167	† 8
12-19.....	1.2	620	† 7	† 1	† 6	613	† 9	† 93	† 98	† 82	† 16	413	379	† 34
20-39.....	3.3	1,007	200	14	178	807	275	139	67	† 60	† 2	325	257	67
40-59.....	2.3	1,155	202	16	174	953	544	136	† 50	† 43	† 8	223	162	57
60 and over.....	1.3	701	66	† 12	50	635	406	100	† 31	† 25	† 6	98	63	† 33
20 and over.....	6.9	999	175	14	153	824	390	131	55	47	† 5	248	189	57
Females:														
6-11.....	1.0	294	0	0	0	294	† 2	59	106	96	† 10	127	117	† 9
12-19.....	1.0	494	† 77	*	† 65	417	† 54	† 20	101	94	† 7	242	185	† 57
20-39.....	3.7	717	† 77	19	† 49	640	217	133	39	38	† 1	251	152	98
40-59.....	2.3	877	44	† 13	† 26	833	367	219	36	33	† 3	211	84	127
60 and over.....	2.1	604	11	† 5	† 4	593	306	165	21	18	† 2	102	53	42
20 and over.....	8.0	733	50	13	† 30	682	282	165	33	32	2	201	107	92
All individuals.....	20.7	721	82	10	67	638	244	122	58	52	5	215	152	61
Midwest:														
Males and females:														
1-2.....	0.9	98	0	0	0	98	0	† 1	45	45	*	† 51	† 48	† 3
3-5.....	1.1	194	0	0	0	194	† 2	† 6	96	86	† 9	91	80	† 8
5 and under ‡ .....	2.3	135	0	0	0	135	† 1	† 3	66	61	† 5	65	58	† 5
Males:														
6-11.....	1.3	236	0	0	0	236	† 1	† 5	69	62	† 7	161	134	† 25
12-19.....	1.4	612	† 11	0	† 11	601	† 18	† 34	† 101	† 94	† 7	447	417	† 28
20-39.....	4.0	1,154	225	† 2	215	929	364	† 80	46	34	† 12	438	337	100
40-59.....	2.7	1,172	109	† 5	101	1,063	679	82	39	33	† 7	263	170	† 92
60 and over.....	1.4	830	† 74	† 4	† 44	756	536	52	58	58	0	110	72	38
20 and over.....	8.1	1,103	160	† 3	147	943	500	76	46	38	† 8	322	235	86
Females:														
6-11.....	1.1	242	0	0	0	242	† 2	† 7	75	70	† 5	158	129	† 29
12-19.....	1.2	482	0	0	0	482	† 4	† 43	79	68	† 12	356	288	66
20-39.....	4.4	797	26	† 9	† 14	772	305	60	68	58	† 8	339	195	144
40-59.....	2.8	919	† 55	† 9	† 43	864	491	100	30	27	† 3	243	137	101
60 and over.....	1.9	646	† 22	† 1	† 19	624	439	60	47	41	† 7	77	51	26
20 and over.....	9.1	804	34	† 7	† 24	770	390	72	52	45	† 6	255	147	106
All individuals.....	24.5	757	66	4	58	691	311	57	57	50	7	266	188	76

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 7.6A.--Beverages: Mean intakes per individual in a day, by region, 1 day, 1989-91--continued

Region, sex, and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
Percent			Grams											
South:														
Males and females:														
1-2.....	1.1	208	0	0	0	208	0	† 22	136	116	† 20	50	44	† 6
3-5.....	1.6	297	0	0	0	297	† 1	† 49	126	103	† 23	121	109	† 7
5 and under ‡ .....	3.0	241	0	0	0	241	*	† 34	122	102	† 20	84	76	† 6
Males:														
6-11.....	1.7	399	0	0	0	399	† 2	71	139	95	† 44	188	184	† 4
12-19.....	1.8	724	† 1	0	† 1	723	9	177	97	93	† 3	441	382	† 56
20-39.....	5.2	1,216	176	† 5	165	1,041	282	209	89	61	† 28	461	371	89
40-59.....	3.4	1,247	201	† 10	188	1,046	437	259	65	† 45	† 20	283	186	96
60 and over.....	2.7	827	† 34	† 3	† 27	793	396	189	41	29	† 12	167	93	71
20 and over.....	11.3	1,133	150	† 6	139	984	356	219	70	49	† 22	337	249	87
Females:														
6-11.....	1.5	301	0	0	0	301	† 1	78	74	68	† 5	149	139	† 9
12-19.....	2.3	639	† 2	*	† 1	637	† 13	164	81	† 70	† 11	378	326	50
20-39.....	5.4	914	48	† 3	† 41	866	234	204	78	54	† 24	350	246	104
40-59.....	4.0	927	† 42	† 3	† 36	885	399	178	48	41	† 8	259	170	88
60 and over.....	3.6	709	† 9	† 3	† 3	700	328	195	40	32	† 8	136	72	64
20 and over.....	13.0	862	36	3	29	826	310	194	59	44	15	263	175	88
All individuals.....	34.6	828	63	3	57	765	235	174	76	58	18	280	210	69
West:														
Males and females:														
1-2.....	0.7	131	0	0	0	131	0	† 5	† 60	† 57	† 3	† 65	† 61	† 5
3-5.....	1.1	201	0	0	0	201	† 8	† 1	91	† 89	† 1	102	97	† 5
5 and under ‡ .....	1.9	158	0	0	0	158	† 4	† 2	72	70	† 2	80	75	† 5
Males:														
6-11.....	1.1	292	0	0	0	292	† 6	† 29	† 113	† 85	† 27	144	125	† 19
12-19.....	1.0	552	0	0	0	552	† 11	† 38	128	† 101	† 27	375	326	† 48
20-39.....	3.3	998	223	† 13	199	774	262	86	88	71	† 16	333	218	112
40-59.....	2.0	1,024	172	20	141	851	528	† 104	49	44	† 5	171	114	57
60 and over.....	1.6	813	73	† 22	† 38	741	550	82	† 30	21	† 9	76	† 43	33
20 and over.....	6.9	963	174	† 17	145	789	406	90	63	52	† 11	227	148	78
Females:														
6-11.....	0.9	201	0	0	0	201	0	† 3	100	96	† 3	99	92	† 7
12-19.....	1.1	402	† 1	0	† 1	400	† 24	† 33	96	90	† 5	248	177	† 58
20-39.....	3.3	667	51	† 11	† 34	616	200	93	41	30	† 11	281	140	141
40-59.....	2.2	859	† 49	† 22	† 23	810	435	137	23	20	† 3	213	105	109
60 and over.....	1.9	670	† 35	† 15	† 10	635	432	88	24	† 17	† 7	† 92	† 55	37
20 and over.....	7.4	725	46	† 15	24	679	329	105	31	24	† 8	213	108	105
All individuals.....	20.3	677	76	† 11	58	602	259	74	62	52	10	206	133	71

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

Table 7.6B.--Beverages: Percentages of individuals using, by region, 1 day, 1989-91

Region, sex, and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
Percent			Percent											
Northeast:														
Males and females:														
1-2.....	0.6	45.3	0.0	0.0	0.0	45.3	1.5	1.4	24.8	22.3	1.8	26.8	25.9	.8
3-5.....	1.0	47.3	.6	.6	0.0	46.7	.3	13.3	20.7	19.2	1.5	26.3	22.5	3.9
5 and under ‡ .....	1.8	41.6	.3	.3	0.0	41.2	.7	7.8	20.0	18.3	1.4	23.6	21.2	2.4
Males:														
6-11.....	0.8	75.3	.4	.4	0.0	75.3	1.3	17.4	34.0	28.2	5.8	41.4	39.8	2.2
12-19.....	1.2	79.2	2.6	1.8	.8	78.5	2.8	15.0	15.0	13.0	2.0	63.9	59.5	8.6
20-39.....	3.3	92.9	24.8	5.7	18.3	90.0	50.7	23.5	14.0	12.9	.2	52.3	41.3	13.1
40-59.....	2.3	95.1	31.0	7.6	20.0	92.1	74.3	24.9	8.3	6.6	1.7	49.1	37.0	13.1
60 and over.....	1.3	92.3	16.1	7.0	7.3	88.5	75.2	29.0	9.9	8.4	1.9	23.4	16.0	7.4
20 and over.....	6.9	93.5	25.2	6.6	16.8	90.4	63.2	25.0	11.3	9.9	1.0	45.8	35.2	12.1
Females:														
6-11.....	1.0	64.5	0.0	0.0	0.0	64.5	1.0	17.1	29.9	27.0	2.9	34.5	32.4	2.0
12-19.....	1.0	70.3	5.3	.5	4.3	69.7	8.1	6.3	28.5	24.2	4.3	48.9	37.2	14.5
20-39.....	3.7	87.9	14.0	6.3	6.3	85.8	45.2	24.8	10.7	10.3	.4	48.8	32.1	19.3
40-59.....	2.3	94.4	14.9	7.7	4.3	92.8	61.1	35.2	11.1	10.2	.9	40.4	18.6	25.5
60 and over.....	2.1	96.3	6.0	3.8	1.2	94.4	74.5	41.8	8.9	7.5	1.3	27.4	15.9	12.2
20 and over.....	8.0	91.9	12.2	6.0	4.4	90.0	57.3	32.2	10.3	9.6	.8	40.9	24.1	19.2
All individuals.....	20.7	84.4	13.6	4.7	7.6	82.6	44.2	24.2	14.5	12.9	1.5	42.4	31.2	13.1
Midwest:														
Males and females:														
1-2.....	0.9	30.8	0.0	0.0	0.0	30.8	0.0	.5	17.7	17.4	.1	15.2	13.6	1.6
3-5.....	1.1	54.7	0.0	0.0	0.0	54.7	.4	2.7	27.8	25.5	3.1	32.3	27.2	3.8
5 and under ‡ .....	2.3	39.4	0.0	0.0	0.0	39.4	.2	1.5	20.9	19.7	1.6	22.0	18.8	2.5
Males:														
6-11.....	1.3	49.2	0.0	0.0	0.0	49.2	.6	1.4	21.5	20.3	2.9	34.4	30.1	7.6
12-19.....	1.4	70.9	1.5	0.0	1.5	70.9	4.8	6.3	16.9	14.9	2.0	56.6	54.4	4.2
20-39.....	4.0	88.9	22.7	1.5	19.8	84.1	45.8	8.4	9.4	7.2	2.3	62.6	51.4	13.7
40-59.....	2.7	90.6	21.1	3.8	14.8	87.1	71.0	11.1	9.8	7.6	2.2	42.8	31.0	12.1
60 and over.....	1.4	91.7	13.9	2.6	6.3	89.7	79.8	11.2	14.9	14.9	0.0	25.0	15.0	9.9
20 and over.....	8.1	90.0	20.6	2.4	15.7	86.1	60.2	9.8	10.5	8.7	1.9	49.3	38.2	12.5
Females:														
6-11.....	1.1	57.7	0.0	0.0	0.0	57.7	.6	1.6	22.8	21.6	1.1	41.6	35.7	7.0
12-19.....	1.2	71.3	0.0	0.0	0.0	71.3	1.4	9.3	21.8	18.9	3.0	62.0	49.0	15.5
20-39.....	4.4	86.8	7.2	3.1	2.0	86.2	39.5	13.4	16.2	13.9	2.3	54.0	35.7	22.2
40-59.....	2.8	93.6	12.2	4.4	5.9	93.6	68.0	20.5	7.7	7.3	.4	47.4	27.4	21.7
60 and over.....	1.9	84.4	4.9	1.0	2.3	84.4	70.7	17.3	14.8	12.9	1.9	20.4	12.7	7.8
20 and over.....	9.1	88.4	8.3	3.0	3.3	88.1	54.7	16.4	13.3	11.7	1.6	45.0	28.4	19.1
All individuals.....	24.5	79.0	10.0	1.9	6.5	77.6	40.6	10.4	14.6	12.9	1.8	45.1	33.6	13.2

‡ Includes infants under 1.

Continued



Table 7.6B.—Beverages: Percentages of individuals using, by region, 1 day, 1989-91--continued

Region, sex, and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
Percent			Percent											
South:														
Males and females:														
1-2.....	1.1	64.5	0.0	0.0	0.0	64.5	0.0	10.9	42.2	35.7	9.0	23.7	22.1	2.2
3-5.....	1.6	65.4	0.0	0.0	0.0	65.4	.2	13.1	32.4	28.2	6.5	36.5	35.2	2.5
5 and under ‡ .....	3.0	61.0	0.0	0.0	0.0	61.0	.1	11.1	34.9	30.3	6.8	29.1	27.8	2.5
Males:														
6-11.....	1.7	75.8	0.0	0.0	0.0	75.8	1.0	19.7	29.3	22.1	9.4	41.0	40.2	.8
12-19.....	1.8	84.8	.1	0.0	.1	84.8	2.7	24.8	15.6	14.7	.9	61.1	54.2	11.2
20-39.....	5.2	92.1	17.4	1.6	13.7	90.1	41.6	33.1	13.9	10.9	3.0	61.2	49.5	13.8
40-59.....	3.4	96.7	22.0	3.7	16.2	96.7	67.3	41.6	9.8	7.3	2.8	48.0	33.6	15.3
60 and over.....	2.7	92.1	9.9	1.3	4.2	92.0	77.3	36.0	9.9	7.7	2.2	37.9	21.7	15.3
20 and over.....	11.3	93.5	17.0	2.2	12.2	92.6	57.8	36.4	11.7	9.1	2.7	51.7	38.1	14.6
Females:														
6-11.....	1.5	68.2	0.0	0.0	0.0	68.2	.3	21.0	23.7	21.0	1.9	42.2	40.0	1.7
12-19.....	2.3	88.3	2.3	2.0	.3	88.3	3.0	32.7	17.4	13.8	4.0	63.6	56.1	9.6
20-39.....	5.4	92.7	9.7	2.0	6.0	92.4	38.7	37.7	17.7	13.9	3.7	60.2	45.6	17.6
40-59.....	4.0	91.4	8.2	1.2	5.0	91.2	67.9	36.1	12.7	10.8	2.1	48.3	32.5	17.5
60 and over.....	3.6	92.8	5.8	2.7	.7	92.8	72.0	40.0	10.9	9.7	1.7	30.9	16.9	14.8
20 and over.....	13.0	92.3	8.2	1.9	4.2	92.1	56.8	37.8	14.3	11.8	2.7	48.5	33.7	16.8
All individuals.....	34.6	87.5	8.8	1.6	5.6	87.1	40.7	32.4	16.7	13.7	3.4	48.9	37.7	12.6
West:														
Males and females:														
1-2.....	0.7	41.0	0.0	0.0	0.0	41.0	0.0	2.4	21.2	18.6	2.6	21.2	17.7	3.5
3-5.....	1.1	43.6	0.0	0.0	0.0	43.6	1.6	.5	22.8	22.0	.8	27.3	26.1	1.2
5 and under ‡ .....	1.9	38.8	0.0	0.0	0.0	38.8	.9	1.1	20.4	18.8	1.3	22.5	20.7	1.8
Males:														
6-11.....	1.1	57.7	0.0	0.0	0.0	57.7	2.2	6.3	27.1	22.8	4.3	33.8	30.4	3.5
12-19.....	1.0	73.8	0.0	0.0	0.0	73.8	1.8	5.6	24.6	17.7	6.9	55.0	48.5	7.3
20-39.....	3.3	88.1	28.5	4.2	22.8	85.4	36.8	16.2	15.1	11.1	4.0	47.9	34.5	14.8
40-59.....	2.0	90.8	28.3	7.5	16.9	89.3	69.6	16.2	9.8	9.2	.6	33.3	22.9	12.0
60 and over.....	1.6	94.4	21.6	9.0	8.0	91.9	78.0	19.1	10.5	8.0	2.5	21.6	12.8	10.1
20 and over.....	6.9	90.4	26.8	6.3	17.7	88.1	55.8	16.8	12.5	9.8	2.6	37.6	26.1	12.9
Females:														
6-11.....	0.9	47.0	0.0	0.0	0.0	47.0	0.0	1.1	26.6	24.6	2.0	25.7	23.7	2.0
12-19.....	1.1	68.4	.3	0.0	.3	68.4	5.5	4.9	21.4	21.4	1.0	50.3	39.3	13.5
20-39.....	3.3	78.9	11.1	4.6	5.1	78.1	30.3	17.3	10.3	7.6	3.2	49.3	30.7	21.4
40-59.....	2.2	93.1	15.2	8.7	3.9	91.2	67.4	28.0	7.6	6.8	.8	43.9	22.6	22.2
60 and over.....	1.9	87.7	16.7	7.5	2.2	86.0	73.4	23.2	9.8	6.8	3.3	18.3	9.8	8.5
20 and over.....	7.4	85.4	13.8	6.6	4.0	84.0	52.3	22.0	9.4	7.2	2.5	39.8	23.0	18.3
All individuals.....	20.3	77.8	14.1	4.5	7.4	76.6	38.4	14.7	14.7	12.1	2.7	37.7	26.4	12.5

‡ Includes infants under 1.

NOTE: See \* Table notes.\*

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91



Table 8.1.--Nutrient intakes: Mean per individual in a day, by sex and age, 1 day, 1989-91

Sex and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	----- Grams -----				<i>Milligrams</i>	
Males and females:								
Under 1.....	0.9	792	23.1	34.9	14.8	9.2	8.1	81
1-2.....	3.2	1,195	46.0	44.6	18.6	16.2	6.6	181
3-5.....	4.8	1,466	55.4	55.0	21.5	20.3	9.2	201
5 and under.....	9.0	1,298	48.7	49.2	19.7	17.7	8.1	181
Males:								
Under 1.....	0.5	821	22.8	36.2	15.2	9.4	8.6	72
1-2.....	1.5	1,250	47.5	47.2	19.8	17.0	6.9	193
3-5.....	2.5	1,473	55.2	55.2	21.4	20.4	9.4	203
6-11.....	4.9	1,891	70.1	72.7	28.1	27.2	12.0	243
12-19.....	5.3	2,459	93.1	96.8	36.1	36.5	17.0	322
20-29.....	7.3	2,519	102.1	99.9	36.3	37.8	18.1	381
30-39.....	8.5	2,317	94.2	91.5	32.1	34.6	17.6	352
40-49.....	6.2	2,205	91.4	89.9	30.8	33.8	18.2	362
50-59.....	4.2	2,085	86.1	84.8	28.7	32.3	17.1	319
60-69.....	3.9	1,904	81.9	73.0	25.0	27.2	15.1	303
70-79.....	2.4	1,814	76.8	69.1	23.9	25.6	14.1	297
80 and over.....	0.7	1,746	63.7	64.1	22.4	24.1	12.5	269
20 and over.....	33.2	2,213	91.0	87.8	30.7	33.1	17.1	345
Females:								
Under 1.....	0.5	761	23.3	33.5	14.3	8.9	7.6	91
1-2.....	1.7	1,144	44.6	42.3	17.5	15.4	6.3	170
3-5.....	2.3	1,458	55.7	54.8	21.6	20.3	8.9	199
6-11.....	4.6	1,832	67.2	69.8	26.8	25.9	11.8	244
12-19.....	5.6	1,748	66.0	67.4	25.2	24.8	12.4	223
20-29.....	7.7	1,655	66.0	63.5	22.5	23.3	12.8	250
30-39.....	9.1	1,658	66.5	65.5	22.9	24.1	13.6	244
40-49.....	6.7	1,520	62.7	60.3	20.6	22.4	12.6	238
50-59.....	4.5	1,482	63.3	57.1	19.3	21.0	12.3	221
60-69.....	4.6	1,498	63.5	56.9	19.3	20.8	12.2	222
70-79.....	3.0	1,366	56.2	50.1	16.7	18.6	10.9	180
80 and over.....	1.8	1,390	53.9	52.0	17.8	19.0	11.3	191
20 and over.....	37.4	1,556	63.5	60.2	20.8	22.2	12.6	231
All individuals.....	100.0	1,839	73.5	71.8	25.7	26.7	13.8	270

Continued

Table 8.1.--Nutrient intakes: Mean per individual in a day, by sex and age, 1 day, 1989-91--continued

Sex and age (years)	Carbohydrate	Dietary fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	----- Grams -----		International units	Micrograms retinol equivalents		Milligrams alpha-tocopherol equivalents	----- Milligrams -----	
<b>Males and females:</b>								
Under 1.....	98.7	3.4	4,370	825	271	10.4	114	1.01
1-2.....	156.7	7.7	3,612	673	211	3.9	82	1.00
3-5.....	192.4	9.8	4,122	792	234	5.1	85	1.27
5 and under.....	169.8	8.4	3,964	753	230	5.2	87	1.15
<b>Males:</b>								
Under 1.....	103.5	3.5	4,592	854	296	11.3	112	1.08
1-2.....	163.3	7.6	3,868	708	235	3.9	84	1.02
3-5.....	194.2	9.9	4,260	820	245	5.3	88	1.30
6-11.....	245.5	12.6	4,902	908	294	6.6	98	1.59
12-19.....	310.9	16.2	5,893	1,063	361	8.8	114	1.99
20-29.....	292.5	16.5	6,257	1,014	440	9.6	115	1.92
30-39.....	269.3	16.7	6,250	1,003	441	9.4	96	1.78
40-49.....	249.2	16.5	6,586	1,092	446	9.7	91	1.71
50-59.....	235.4	16.7	7,173	1,098	533	9.4	103	1.67
60-69.....	226.2	17.1	10,033	1,502	760	8.8	119	1.70
70-79.....	224.4	16.5	7,900	1,301	538	9.3	108	1.69
80 and over.....	232.3	17.3	7,317	1,143	527	7.6	102	1.47
20 and over.....	257.2	16.7	7,016	1,117	500	9.4	104	1.76
<b>Females:</b>								
Under 1.....	93.7	3.3	4,137	795	244	9.4	116	.94
1-2.....	150.8	7.9	3,378	641	190	4.0	81	.99
3-5.....	190.6	9.7	3,976	763	222	4.9	83	1.24
6-11.....	241.6	13.0	5,225	901	339	6.8	90	1.53
12-19.....	223.5	11.6	4,554	779	298	6.3	90	1.39
20-29.....	205.5	11.6	5,162	822	375	6.9	89	1.32
30-39.....	200.8	12.0	5,207	826	373	7.2	82	1.31
40-49.....	181.1	11.5	5,456	847	398	6.6	77	1.20
50-59.....	179.5	12.5	6,363	966	477	6.9	91	1.24
60-69.....	185.1	14.0	7,929	1,137	626	7.7	103	1.30
70-79.....	177.2	13.2	7,031	1,056	528	6.5	105	1.21
80 and over.....	181.6	13.7	8,596	1,199	699	7.3	100	1.26
20 and over.....	190.9	12.3	6,026	920	450	7.0	89	1.27
<b>All individuals.....</b>	<b>224.2</b>	<b>13.6</b>	<b>5,988</b>	<b>969</b>	<b>421</b>	<b>7.7</b>	<b>96</b>	<b>1.50</b>

Continued

Table 8.1.--Nutrient intakes: Mean per individual in a day, by sex and age, 1 day, 1989-91--continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----	
<b>Males and females:</b>							
Under 1.....	1.51	11.0	.62	133	2.65	672	557
1-2.....	1.54	11.4	1.11	165	3.00	780	904
3-5.....	1.76	15.5	1.33	220	3.79	836	1,033
5 and under.....	1.66	13.6	1.18	191	3.38	799	937
<b>Males:</b>							
Under 1.....	1.57	12.5	.65	137	2.64	670	537
1-2.....	1.62	11.6	1.10	159	3.15	848	963
3-5.....	1.79	15.9	1.37	230	3.97	844	1,040
6-11.....	2.11	19.4	1.62	265	4.42	978	1,261
12-19.....	2.49	25.0	2.01	319	5.89	1,145	1,598
20-29.....	2.29	27.8	2.04	298	5.64	1,000	1,581
30-39.....	2.10	26.6	1.97	273	6.35	869	1,439
40-49.....	2.02	25.6	1.89	277	6.45	806	1,374
50-59.....	1.94	23.8	1.84	274	6.58	743	1,294
60-69.....	2.02	24.6	2.02	311	6.29	749	1,247
70-79.....	2.01	22.3	1.92	308	5.96	761	1,227
80 and over.....	1.77	18.1	1.69	268	4.74	643	1,058
20 and over.....	2.08	25.6	1.95	286	6.17	843	1,393
<b>Females:</b>							
Under 1.....	1.45	9.4	.58	128	2.66	674	578
1-2.....	1.46	11.2	1.11	170	2.86	717	850
3-5.....	1.73	15.1	1.29	210	3.60	827	1,026
6-11.....	2.00	18.6	1.58	254	4.34	916	1,215
12-19.....	1.72	18.1	1.42	226	3.66	797	1,123
20-29.....	1.58	18.3	1.41	226	3.74	666	1,048
30-39.....	1.56	18.6	1.41	216	4.06	681	1,054
40-49.....	1.42	17.9	1.34	197	4.02	576	962
50-59.....	1.48	18.0	1.45	222	4.13	619	990
60-69.....	1.55	18.6	1.59	244	4.02	620	994
70-79.....	1.43	16.7	1.43	236	4.06	564	900
80 and over.....	1.53	15.7	1.43	240	3.18	628	925
20 and over.....	1.52	18.1	1.43	221	3.95	632	1,003
<b>All individuals.....</b>	<b>1.83</b>	<b>20.6</b>	<b>1.62</b>	<b>249</b>	<b>4.77</b>	<b>784</b>	<b>1,187</b>

Continued

Table 8.1.--Nutrient intakes: Mean per individual in a day, by sex and age, 1 day, 1989-91--continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Milligrams -----						
<b>Males and females:</b>						
Under 1.....	97	14.2	5.5	.7	493	1,092
1-2.....	168	9.1	6.2	.6	1,883	1,768
3-5.....	196	11.1	7.7	.8	2,376	1,951
5 and under.....	176	10.8	6.9	.7	2,002	1,795
<b>Males:</b>						
Under 1.....	100	16.2	5.8	.7	455	1,122
1-2.....	173	9.3	6.4	.6	1,960	1,813
3-5.....	197	11.7	7.8	.8	2,405	1,963
6-11.....	233	13.7	10.0	1.0	3,089	2,372
12-19.....	299	17.8	13.9	1.3	4,167	2,981
20-29.....	299	16.6	14.0	1.3	4,319	3,015
30-39.....	304	16.8	13.6	1.4	3,925	2,986
40-49.....	300	16.7	12.9	1.4	3,954	2,942
50-59.....	293	15.4	13.4	1.4	3,887	2,957
60-69.....	294	16.6	12.2	1.3	3,454	2,968
70-79.....	284	15.9	14.1	1.4	3,277	2,814
80 and over.....	270	14.0	10.3	1.2	3,069	2,625
20 and over.....	297	16.4	13.3	1.4	3,891	2,958
<b>Females:</b>						
Under 1.....	95	12.2	5.1	.6	533	1,060
1-2.....	164	9.1	6.1	.6	1,812	1,727
3-5.....	195	10.5	7.6	.8	2,345	1,937
6-11.....	230	13.0	9.7	1.0	2,970	2,343
12-19.....	216	11.9	9.3	1.0	2,884	2,146
20-29.....	213	12.5	9.2	1.0	2,639	2,129
30-39.....	230	12.2	9.2	1.0	2,615	2,244
40-49.....	217	11.2	8.8	1.0	2,439	2,167
50-59.....	231	11.7	9.1	1.0	2,375	2,343
60-69.....	240	12.7	9.6	1.1	2,437	2,417
70-79.....	220	11.5	8.1	1.0	2,187	2,270
80 and over.....	220	11.9	8.2	.9	2,328	2,209
20 and over.....	224	12.0	9.0	1.0	2,489	2,240
<b>All individuals.....</b>	<b>248</b>	<b>13.8</b>	<b>10.6</b>	<b>1.1</b>	<b>3,074</b>	<b>2,484</b>

NOTE: See "Table notes."

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91.

Table 8.2.—Nutrient intakes: Mean per individual in a day, by race, 1 day, 1989-91

Race, sex, and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	----- <i>Grams</i> -----				<i>Milligrams</i>	
White:								
Males and females:								
1-2.....	2.3	1,185	45.7	44.0	18.5	15.8	6.4	177
3-5.....	3.8	1,484	56.1	55.2	21.6	20.3	9.3	199
5 and under ‡ .....	6.8	1,315	49.4	49.4	19.9	17.7	8.2	181
Males:								
6-11.....	3.9	1,886	69.2	72.2	28.0	27.1	11.8	235
12-19.....	4.5	2,502	94.5	99.0	37.0	37.2	17.3	328
20-39.....	13.2	2,437	98.2	97.0	34.7	36.6	18.1	362
40-59.....	9.3	2,180	89.7	89.7	30.7	33.8	18.2	343
60 and over.....	6.0	1,872	78.5	71.2	24.4	26.5	14.6	289
20 and over.....	28.5	2,234	91.3	89.2	31.2	33.6	17.4	340
Females:								
6-11.....	3.5	1,814	66.5	69.3	26.8	25.7	11.7	241
12-19.....	4.1	1,727	64.7	66.3	25.2	24.2	11.9	213
20-39.....	13.7	1,639	65.3	64.0	22.5	23.4	13.2	234
40-59.....	9.3	1,530	63.7	60.6	20.7	22.5	12.7	230
60 and over.....	8.3	1,416	58.5	53.0	17.9	19.4	11.5	192
20 and over.....	31.3	1,548	63.0	60.1	20.7	22.1	12.6	222
All individuals.....	82.7	1,853	73.9	72.6	26.0	27.0	14.0	266
Black:								
Males and females:								
1-2.....	0.6	1,247	45.9	48.8	18.7	18.6	7.9	177
3-5.....	0.6	1,316	48.2	53.4	21.0	20.3	8.3	200
5 and under ‡ .....	1.4	1,211	43.6	49.0	19.2	18.1	8.1	173
Males:								
6-11.....	0.6	1,934	73.2	80.9	30.7	30.4	14.1	290
12-19.....	0.6	2,168	82.0	83.6	30.1	32.1	15.4	272
20-39.....	1.7	2,228	93.7	87.6	30.9	33.5	16.2	396
40-59.....	0.8	1,952	85.4	74.4	24.5	29.2	14.3	397
60 and over.....	0.8	1,674	74.5	65.0	21.9	24.1	13.7	340
20 and over.....	3.2	2,024	86.9	78.8	27.1	30.1	15.1	382
Females:								
6-11.....	0.8	1,915	69.8	73.3	27.7	27.4	12.7	256
12-19.....	1.2	1,865	72.2	73.9	26.4	27.5	14.6	265
20-39.....	2.1	1,779	71.7	71.0	25.1	26.4	14.0	305
40-59.....	1.4	1,367	57.9	51.3	17.1	19.0	11.1	237
60 and over.....	0.9	1,490	63.2	57.8	19.2	21.7	12.3	277
20 and over.....	4.4	1,588	65.5	62.0	21.3	23.0	12.7	277
All individuals.....	12.3	1,754	70.7	68.9	24.4	25.9	13.2	291

‡ Includes infants under 1.

Continued



Table 8.2.--Nutrient intakes: Mean per individual in a day, by race, 1 day, 1989-91--continued

Race, sex, and age (years)	Carbohydrate	Dietary fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	----- Grams -----		International units	Micrograms retinol equivalents		Milligrams alpha-tocopherol equivalents	----- Milligrams -----	
White:								
Males and females:								
1-2.....	156.3	7.8	3,667	684	215	3.9	79	.98
3-5.....	196.3	10.2	4,416	845	254	5.2	84	1.30
5 and under ‡ .....	173.3	8.7	4,182	791	245	5.2	85	1.16
Males:								
6-11.....	246.4	12.7	5,070	945	303	6.7	97	1.55
12-19.....	315.8	16.1	6,120	1,088	381	9.1	117	1.99
20-39.....	282.2	16.8	6,159	1,012	425	9.4	104	1.84
40-59.....	245.1	16.8	6,829	1,074	492	9.9	97	1.72
60 and over.....	228.2	17.0	9,126	1,399	674	9.2	114	1.69
20 and over.....	258.7	16.8	7,003	1,114	499	9.5	104	1.77
Females:								
6-11.....	239.6	12.9	4,797	878	286	6.4	87	1.50
12-19.....	223.4	11.4	4,703	817	302	6.2	86	1.38
20-39.....	201.1	11.9	5,336	843	384	7.1	83	1.29
40-59.....	182.7	12.2	5,877	911	431	6.9	83	1.24
60 and over.....	179.8	13.7	7,857	1,124	621	7.2	103	1.24
20 and over.....	190.0	12.5	6,164	937	461	7.1	88	1.26
All individuals.....	225.6	13.8	6,104	986	429	7.8	95	1.50
Black:								
Males and females:								
1-2.....	159.9	7.7	2,964	568	162	4.0	89	1.08
3-5.....	164.4	7.2	2,626	516	137	3.9	77	1.10
5 and under ‡ .....	152.3	6.8	2,844	564	150	4.9	86	1.07
Males:								
6-11.....	233.1	11.7	3,605	692	197	6.5	108	1.86
12-19.....	277.3	15.2	4,347	907	204	7.4	78	1.89
20-39.....	258.2	14.5	7,111	1,016	565	8.8	99	1.69
40-59.....	227.7	13.5	† 7,497	† 1,472	† 397	6.8	80	1.51
60 and over.....	200.7	15.0	8,491	1,430	559	6.9	111	1.48
20 and over.....	236.6	14.4	7,548	1,228	524	7.9	97	1.60
Females:								
6-11.....	250.5	13.4	† 7,517	1,070	† 599	8.1	102	1.67
12-19.....	227.2	11.8	4,361	709	† 303	6.8	105	1.46
20-39.....	210.4	11.0	4,581	779	326	7.4	92	1.43
40-59.....	167.6	9.9	5,083	773	378	5.1	76	1.09
60 and over.....	182.5	13.3	6,305	1,082	417	7.0	92	1.39
20 and over.....	190.9	11.1	5,091	838	361	6.6	87	1.31
All individuals.....	212.5	11.9	5,459	908	374	6.9	93	1.45

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 8.2.--Nutrient intakes: Mean per individual in a day, by race, 1 day, 1989-91--continued

Race, sex, and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----	
White:							
Males and females:							
1-2.....	1.54	11.1	1.09	163	3.02	795	915
3-5.....	1.83	15.8	1.37	228	4.00	869	1,065
5 and under ‡ .....	1.70	13.7	1.20	196	3.54	826	965
Males:							
6-11.....	2.13	19.1	1.62	267	4.54	1,000	1,262
12-19.....	2.56	25.0	2.02	320	6.20	1,178	1,632
20-39.....	2.21	27.0	2.00	282	6.15	952	1,529
40-59.....	2.01	25.1	1.89	277	6.28	810	1,363
60 and over.....	2.02	23.5	1.98	304	5.82	763	1,238
20 and over.....	2.10	25.7	1.96	285	6.12	866	1,413
Females:							
6-11.....	2.02	18.1	1.55	255	4.39	942	1,231
12-19.....	1.78	17.6	1.41	230	3.82	836	1,133
20-39.....	1.58	18.4	1.40	221	3.98	686	1,050
40-59.....	1.49	18.2	1.41	214	4.09	619	996
60 and over.....	1.50	17.4	1.52	238	3.69	604	943
20 and over.....	1.53	18.1	1.43	223	3.94	644	1,006
All individuals.....	1.86	20.7	1.64	251	4.82	804	1,205
Black:							
Males and females:							
1-2.....	1.43	13.3	1.15	174	2.73	633	810
3-5.....	1.36	13.2	1.08	161	2.60	612	798
5 and under ‡ .....	1.40	12.8	1.05	163	2.66	624	764
Males:							
6-11.....	2.03	19.4	1.66	242	3.95	901	1,276
12-19.....	2.07	25.6	1.91	293	3.99	917	1,345
20-39.....	1.93	25.9	1.82	254	4.95	767	1,326
40-59.....	1.81	23.5	1.69	278	† 9.98	493	1,151
60 and over.....	1.86	20.3	1.76	309	† 7.85	608	1,081
20 and over.....	1.88	23.9	1.77	274	6.87	662	1,223
Females:							
6-11.....	1.95	20.5	1.72	255	4.37	829	1,165
12-19.....	1.63	20.4	1.50	215	3.28	716	1,129
20-39.....	1.59	19.3	1.46	216	3.72	627	1,071
40-59.....	1.18	16.7	1.22	166	3.60	435	829
60 and over.....	1.58	16.9	1.37	253	5.74	578	966
20 and over.....	1.45	18.0	1.36	207	4.09	555	972
All individuals.....	1.67	19.8	1.51	230	4.58	660	1,076

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 8.2.--Nutrient intakes: Mean per individual in a day, by race, 1 day, 1989-91--continued

Race, sex, and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Milligrams -----						
White:						
Males and females:						
1-2.....	170	9.3	6.2	.6	1,860	1,793
3-5.....	203	11.6	7.9	.8	2,398	2,008
5 and under ‡ .....	181	11.1	7.1	.7	2,030	1,847
Males:						
6-11.....	235	14.0	10.2	1.0	3,035	2,361
12-19.....	303	17.9	14.2	1.3	4,205	3,061
20-39.....	307	16.9	13.7	1.4	4,130	3,050
40-59.....	303	16.4	13.2	1.4	3,978	2,989
60 and over.....	292	16.1	13.0	1.3	3,360	2,924
20 and over.....	302	16.5	13.4	1.4	3,918	3,003
Females:						
6-11.....	233	13.1	9.6	1.0	2,918	2,358
12-19.....	217	12.3	9.3	1.0	2,814	2,135
20-39.....	225	12.4	9.2	1.0	2,587	2,220
40-59.....	231	11.8	9.2	1.0	2,419	2,304
60 and over.....	230	12.1	8.9	1.0	2,292	2,347
20 and over.....	228	12.2	9.1	1.0	2,459	2,279
All individuals.....	254	14.0	10.8	1.1	3,086	2,536
Black:						
Males and females:						
1-2.....	158	9.2	6.3	.6	2,059	1,623
3-5.....	142	8.6	6.2	.6	2,219	1,444
5 and under ‡ .....	141	9.6	6.1	.6	1,907	1,464
Males:						
6-11.....	230	12.1	9.4	.9	3,462	2,503
12-19.....	268	17.3	11.4	1.2	3,811	2,407
20-39.....	259	14.2	13.3	1.3	3,793	2,543
40-59.....	235	14.3	12.2	1.2	3,434	2,514
60 and over.....	248	14.9	10.3	1.4	3,117	2,524
20 and over.....	250	14.4	12.3	1.3	3,538	2,532
Females:						
6-11.....	220	12.9	10.6	1.0	3,265	2,302
12-19.....	218	11.1	9.8	1.0	3,176	2,218
20-39.....	204	12.1	9.4	.9	2,863	1,968
40-59.....	174	9.0	7.0	.8	2,314	1,773
60 and over.....	217	12.4	8.7	1.0	2,501	2,061
20 and over.....	197	11.2	8.5	.9	2,612	1,923
All individuals.....	213	12.3	9.7	1.0	2,976	2,137

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: Continuing Survey of Food Intake by Individuals, 1989-91.

Table 8.3.--Nutrient intakes: Mean per individual in a day, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1989-91

FSP participation, sex, and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	----- Grams -----				<i>Milligrams</i>	
Participating:								
Males and females:								
1-2.....	0.5	1,203	48.5	47.7	19.8	17.2	7.2	220
3-5.....	0.6	1,435	56.2	55.6	21.3	20.6	9.5	240
5 and under ‡ .....	1.3	1,267	48.8	50.3	20.0	17.9	8.5	215
Males:								
6-11.....	0.5	1,933	75.2	78.2	29.6	29.4	13.3	284
12-19.....	0.4	2,135	89.0	79.8	29.1	30.8	13.6	312
20-39.....	0.5	2,223	94.1	91.2	32.9	34.6	16.5	438
40-59.....	0.2	† 1,988	† 83.5	† 80.2	† 26.0	† 30.9	† 16.8	† 430
60 and over.....	0.2	† 1,596	† 64.8	† 58.4	† 20.8	† 21.7	† 11.3	† 253
20 and over.....	0.8	2,045	85.9	82.2	28.9	31.2	15.5	400
Females:								
6-11.....	0.5	1,769	66.2	69.3	26.9	26.0	11.4	247
12-19.....	0.5	1,806	69.8	71.2	25.6	26.9	13.2	249
20-39.....	1.2	1,598	65.9	63.4	22.6	23.4	12.4	285
40-59.....	0.4	1,381	58.5	55.7	18.6	21.0	11.7	220
60 and over.....	0.4	1,380	54.4	52.9	18.0	19.2	11.6	221
20 and over.....	2.0	1,512	62.1	59.8	20.9	22.1	12.1	259
All individuals.....	5.9	1,650	66.1	65.3	23.9	24.3	12.0	272
Not participating:								
Males and females:								
1-2.....	0.4	1,177	47.5	46.4	19.0	17.0	7.0	207
3-5.....	0.6	1,419	55.5	53.6	21.4	19.8	8.3	213
5 and under ‡ .....	1.1	1,262	49.0	48.9	19.8	17.5	7.8	197
Males:								
6-11.....	0.6	1,749	67.0	65.4	25.2	24.4	10.9	225
12-19.....	0.6	2,325	86.3	90.0	33.2	34.5	15.4	337
20-39.....	1.2	2,345	94.0	92.0	32.1	34.9	17.7	382
40-59.....	0.6	1,995	82.6	78.7	26.8	29.9	15.9	350
60 and over.....	0.8	1,646	69.1	65.1	22.5	25.1	12.4	303
20 and over.....	2.6	2,041	83.4	80.3	27.8	30.6	15.6	349
Females:								
6-11.....	0.6	1,731	61.9	65.7	25.0	24.1	11.5	250
12-19.....	0.6	1,784	65.2	69.3	25.4	26.1	12.5	270
20-39.....	1.4	1,708	67.0	66.6	23.4	24.7	13.4	257
40-59.....	0.9	1,404	56.5	54.3	19.0	19.9	11.0	229
60 and over.....	1.7	1,286	53.4	48.2	16.2	18.0	10.1	197
20 and over.....	3.9	1,457	58.7	55.8	19.3	20.7	11.5	225
All individuals.....	10.1	1,694	66.8	65.5	23.5	24.5	12.4	265

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 8.3.—Nutrient intakes: Mean per individual in a day, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1989-91--continued

FSP participation, sex, and age (years)	Carbohydrate	Dietary fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	----- Grams -----		International units	Micrograms retinol ----- equivalents -----		Milligrams alpha-tocopherol equivalents	----- Milligrams -----	
Participating:								
Males and females:								
1-2.....	148.0	7.1	3,696	682	223	4.0	74	1.04
3-5.....	181.6	9.1	3,795	720	215	5.7	75	1.25
5 and under ‡ .....	158.2	7.5	3,755	715	216	5.9	82	1.15
Males:								
6-11.....	237.7	13.3	4,533	832	265	7.4	88	1.70
12-19.....	268.6	14.2	5,190	868	346	6.3	94	1.70
20-39.....	247.9	15.7	5,009	862	328	7.5	79	1.73
40-59.....	† 224.5	† 14.5	† 5,792	† 1,153	† 293	† 7.6	† 56	† 1.56
60 and over.....	† 190.6	† 13.5	† 4,131	† 709	† 265	† 5.9	† 76	† 1.33
20 and over.....	231.2	15.0	5,023	901	308	7.2	73	1.61
Females:								
6-11.....	226.2	12.1	4,257	811	245	6.5	80	1.53
12-19.....	226.3	12.5	3,043	553	187	5.6	90	1.41
20-39.....	192.0	10.2	3,683	633	237	5.8	76	1.27
40-59.....	163.1	11.4	4,323	648	325	5.8	63	1.11
60 and over.....	175.9	12.1	5,448	893	372	6.6	69	1.18
20 and over.....	183.1	10.8	4,157	687	281	5.9	72	1.22
All individuals.....	201.2	11.3	4,190	744	262	6.3	79	1.37
Not participating:								
Males and females:								
1-2.....	145.8	7.6	3,327	607	† 203	3.9	86	.93
3-5.....	183.7	9.9	4,816	792	331	5.0	89	1.19
5 and under ‡ .....	160.4	8.3	4,254	737	278	5.2	91	1.08
Males:								
6-11.....	227.9	12.3	3,887	705	238	6.3	82	1.45
12-19.....	297.5	17.4	4,581	851	266	8.2	100	1.84
20-39.....	279.6	17.2	6,063	991	417	9.1	97	1.73
40-59.....	232.0	15.1	5,089	792	369	7.2	74	1.47
60 and over.....	197.3	14.4	7,484	1,218	532	6.8	85	1.53
20 and over.....	242.4	15.8	6,297	1,019	443	8.0	88	1.61
Females:								
6-11.....	229.9	12.8	4,680	779	318	6.4	77	1.40
12-19.....	228.9	11.8	3,489	639	205	5.9	74	1.30
20-39.....	210.8	12.3	5,184	799	383	6.5	83	1.29
40-59.....	174.3	10.0	4,380	726	298	5.5	72	1.09
60 and over.....	163.6	11.8	6,284	977	464	6.0	81	1.18
20 and over.....	182.1	11.6	5,493	861	400	6.1	80	1.20
All individuals.....	210.8	12.8	5,241	860	363	6.6	84	1.36

† See "Statistical notes."

‡ Includes infants under 1.

Continued



Table 8.3.--Nutrient intakes: Mean per individual in a day, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1989-91--continued

FSP participation, sex, and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----	
Participating:							
Males and females:							
1-2.....	1.53	12.2	1.09	169	3.15	755	908
3-5.....	1.67	15.5	1.30	209	3.47	753	992
5 and under ‡ .....	1.61	13.7	1.13	184	3.25	739	899
Males:							
6-11.....	2.09	19.5	1.69	253	4.53	964	1,326
12-19.....	2.07	23.7	1.83	265	4.92	882	1,350
20-39.....	2.05	23.3	1.75	267	5.74	854	1,422
40-59.....	† 1.82	† 21.6	† 1.55	† 255	† 6.17	† 612	† 1,164
60 and over.....	† 1.65	† 18.7	† 1.68	† 233	† 3.40	† 665	† 1,013
20 and over.....	1.92	22.0	1.69	257	5.39	760	1,281
Females:							
6-11.....	1.95	17.9	1.49	252	4.14	897	1,200
12-19.....	1.59	18.1	1.37	213	3.45	705	1,144
20-39.....	1.45	17.3	1.31	190	3.87	591	993
40-59.....	1.20	15.7	1.23	180	3.02	505	875
60 and over.....	1.44	15.7	1.33	209	4.05	566	865
20 and over.....	1.40	16.7	1.30	192	3.73	569	944
All individuals.....	1.68	17.6	1.40	215	4.00	724	1,076
Not participating:							
Males and females:							
1-2.....	1.46	11.1	.96	151	2.73	741	889
3-5.....	1.67	14.3	1.20	197	3.37	811	1,011
5 and under ‡ .....	1.57	12.6	1.05	176	3.13	769	917
Males:							
6-11.....	1.90	18.1	1.49	237	4.21	893	1,170
12-19.....	2.27	22.1	1.76	298	5.17	1,006	1,441
20-39.....	2.09	25.2	1.85	286	5.16	887	1,470
40-59.....	1.74	20.6	1.50	251	4.56	736	1,229
60 and over.....	1.77	19.7	1.66	262	5.89	641	1,073
20 and over.....	1.91	22.4	1.71	270	5.26	774	1,288
Females:							
6-11.....	1.74	15.8	1.32	223	3.77	797	1,102
12-19.....	1.65	16.5	1.31	204	3.83	747	1,077
20-39.....	1.53	18.2	1.36	213	4.04	662	1,057
40-59.....	1.30	15.0	1.17	189	3.59	547	873
60 and over.....	1.42	15.9	1.36	224	3.49	533	838
20 and over.....	1.43	16.5	1.32	212	3.70	581	921
All individuals.....	1.68	18.0	1.43	230	4.17	719	1,082

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 8.3.--Nutrient intakes: Mean per individual in a day, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1989-91--continued

FSP participation, sex, and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Milligrams -----						
Participating:						
Males and females:						
1-2.....	165	8.8	6.4	.6	2,058	1,705
3-5.....	183	11.3	7.9	.7	2,430	1,817
5 and under ‡ .....	165	11.0	7.0	.7	2,030	1,678
Males:						
6-11.....	242	13.0	10.5	1.0	3,422	2,539
12-19.....	256	14.7	12.2	1.2	3,819	2,628
20-39.....	274	14.6	13.6	1.2	4,145	2,751
40-59.....	† 257	† 15.9	† 12.2	† 1.2	† 3,945	† 2,442
60 and over.....	† 237	† 12.0	† 8.6	† 1.0	† 3,058	† 2,572
20 and over.....	263	14.4	12.3	1.2	3,886	2,643
Females:						
6-11.....	223	13.0	9.6	.9	3,148	2,189
12-19.....	223	12.1	10.0	1.0	3,181	2,072
20-39.....	195	11.2	8.8	.9	2,585	1,996
40-59.....	190	9.8	7.9	.9	2,319	2,032
60 and over.....	202	11.5	8.3	.9	2,369	1,990
20 and over.....	195	11.0	8.5	.9	2,489	2,002
All individuals.....	210	12.1	9.3	.9	2,852	2,122
Not participating:						
Males and females:						
1-2.....	161	8.6	6.3	.6	1,864	1,651
3-5.....	193	10.0	7.8	.7	2,177	1,911
5 and under ‡ .....	170	9.8	7.0	.7	1,891	1,721
Males:						
6-11.....	219	12.2	9.4	.9	2,784	2,236
12-19.....	269	16.5	12.3	1.2	4,068	2,659
20-39.....	291	15.9	13.1	1.4	3,957	2,877
40-59.....	254	13.9	10.7	1.1	3,450	2,431
60 and over.....	240	13.6	9.7	1.1	3,061	2,508
20 and over.....	266	14.7	11.5	1.2	3,554	2,657
Females:						
6-11.....	216	11.6	8.9	1.0	2,741	2,119
12-19.....	206	11.3	8.9	.9	2,943	2,062
20-39.....	217	11.5	9.3	1.0	2,670	2,160
40-59.....	191	10.0	7.9	.8	2,165	1,892
60 and over.....	198	11.2	7.8	.9	2,104	2,017
20 and over.....	203	11.1	8.4	.9	2,312	2,039
All individuals.....	222	12.3	9.4	1.0	2,788	2,219

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91.

Table 8.4.—Nutrient intakes: Mean per individual in a day, by poverty status, 1 day, 1989-91

Poverty status, sex, and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	----- Grams -----				<i>Milligrams</i>	
Under 100% poverty:								
Males and females:								
1-2.....	0.8	1,177	47.7	46.6	19.1	16.9	7.1	223
3-5.....	0.8	1,402	55.6	54.1	21.2	20.0	8.7	237
5 and under ‡ .....	1.9	1,234	48.1	48.7	19.6	17.4	8.1	214
Males:								
6-11.....	0.7	1,865	71.0	74.1	27.9	27.9	12.7	272
12-19.....	0.7	2,226	85.7	83.4	30.9	31.8	14.1	324
20-39.....	1.1	2,268	92.0	90.4	31.6	34.4	17.3	401
40-59.....	0.5	2,069	85.9	82.6	27.9	31.4	16.8	405
60 and over.....	0.5	1,596	68.0	62.0	21.1	24.0	12.0	284
20 and over.....	2.1	2,060	84.8	81.8	28.2	31.2	15.9	374
Females:								
6-11.....	0.8	1,763	64.7	68.0	26.4	25.1	11.4	262
12-19.....	0.9	1,829	69.0	71.7	26.0	27.0	13.2	266
20-39.....	1.9	1,648	66.3	64.3	22.7	23.8	12.7	280
40-59.....	0.8	1,389	57.6	55.0	18.7	20.5	11.5	225
60 and over.....	1.2	1,298	53.3	48.1	16.2	17.9	10.3	194
20 and over.....	3.9	1,484	60.4	57.3	19.8	21.3	11.7	241
All individuals.....	11.1	1,673	66.4	65.3	23.6	24.4	12.2	273
100% poverty and over:								
Males and females:								
1-2.....	2.3	1,211	45.5	44.4	18.4	16.1	6.6	168
3-5.....	3.5	1,492	55.5	55.7	21.6	20.6	9.5	194
5 and under ‡ .....	6.3	1,330	49.1	49.8	19.8	18.0	8.3	174
Males:								
6-11.....	3.9	1,927	70.9	73.7	28.7	27.5	12.0	240
12-19.....	4.1	2,549	96.3	101.8	37.8	38.4	18.0	331
20-39.....	12.7	2,401	97.2	95.1	33.9	35.8	17.8	365
40-59.....	8.7	2,177	90.2	88.6	30.2	33.5	17.9	344
60 and over.....	5.7	1,895	79.4	71.9	24.8	26.6	14.8	296
20 and over.....	27.2	2,222	91.2	88.1	30.8	33.2	17.2	344
Females:								
6-11.....	3.5	1,867	67.5	70.8	27.1	26.3	12.0	236
12-19.....	4.0	1,759	66.8	67.4	25.4	24.6	12.4	212
20-39.....	13.0	1,665	66.2	65.3	23.0	23.9	13.4	241
40-59.....	9.0	1,526	63.2	60.0	20.4	22.2	12.7	230
60 and over.....	6.8	1,471	60.5	55.3	18.6	20.3	12.0	203
20 and over.....	28.8	1,576	63.9	61.3	21.2	22.5	12.9	229
All individuals.....	77.7	1,873	74.6	73.2	26.2	27.2	14.2	270

‡ Includes infants under 1.

Continued

Table 8.4.--Nutrient intakes: Mean per individual in a day, by poverty status, 1 day, 1989-91--continued

Poverty status, sex, and age (years)	Carbohydrate	Dietary fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	----- Grams -----		International units	Micrograms retinol equivalents		Milligrams alpha-tocopherol equivalents	----- Milligrams -----	
Under 100% poverty:								
Males and females:								
1-2.....	144.8	7.1	3,417	639	204	3.9	74	1.00
3-5.....	177.3	9.2	3,760	703	219	5.2	74	1.21
5 and under ‡ .....	154.3	7.5	3,705	697	219	5.5	80	1.10
Males:								
6-11.....	233.8	13.1	4,257	785	251	7.0	83	1.57
12-19.....	288.1	16.4	5,093	893	319	7.4	95	1.72
20-39.....	265.5	17.1	5,353	887	365	8.4	91	1.69
40-59.....	235.6	14.9	5,590	967	358	7.9	70	1.57
60 and over.....	190.1	13.9	7,190	1,137	538	7.1	79	1.52
20 and over.....	240.3	15.8	5,850	966	405	8.0	83	1.62
Females:								
6-11.....	229.7	12.7	4,383	803	265	6.4	77	1.46
12-19.....	231.4	12.5	3,424	604	216	5.8	86	1.39
20-39.....	201.4	11.4	4,214	696	288	6.0	78	1.28
40-59.....	167.9	10.7	4,342	664	323	5.8	65	1.10
60 and over.....	166.7	11.9	6,628	1,036	484	6.2	74	1.21
20 and over.....	183.5	11.4	4,996	796	357	6.0	74	1.22
All individuals.....	206.7	12.2	4,727	802	315	6.5	80	1.36
100% poverty and over:								
Males and females:								
1-2.....	162.3	8.1	3,757	695	221	4.0	83	1.01
3-5.....	198.0	10.1	4,221	823	235	5.2	90	1.29
5 and under ‡ .....	176.6	8.8	4,076	778	234	5.2	90	1.17
Males:								
6-11.....	251.6	12.7	5,128	951	308	6.7	102	1.63
12-19.....	319.6	16.4	6,237	1,116	387	9.4	118	2.05
20-39.....	279.8	16.4	6,486	1,038	461	9.6	107	1.84
40-59.....	245.7	16.7	7,046	1,124	498	9.8	98	1.72
60 and over.....	232.2	17.4	9,290	1,447	673	9.2	118	1.72
20 and over.....	258.8	16.7	7,256	1,152	518	9.6	107	1.77
Females:								
6-11.....	248.2	13.2	5,547	944	365	7.0	96	1.56
12-19.....	224.9	11.4	4,573	796	292	6.5	94	1.41
20-39.....	203.7	12.0	5,346	841	390	7.2	87	1.32
40-59.....	183.2	12.0	5,847	904	430	6.7	84	1.23
60 and over.....	186.2	14.1	7,907	1,140	619	7.5	108	1.29
20 and over.....	193.2	12.5	6,106	932	457	7.1	91	1.28
All individuals.....	228.4	13.9	6,198	1,000	436	7.9	99	1.52

‡ Includes infants under 1.

Continued

Table 8.4.--Nutrient intakes: Mean per individual in a day, by poverty status, 1 day, 1989-91--continued

Poverty status, sex, and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----	
Under 100% poverty:							
Males and females:							
1-2.....	1.49	11.7	1.05	163	3.00	725	878
3-5.....	1.65	14.7	1.26	202	3.37	760	985
5 and under ‡ .....	1.57	13.0	1.09	178	3.15	729	883
Males:							
6-11.....	2.00	18.3	1.57	239	4.47	921	1,250
12-19.....	2.16	22.4	1.78	278	5.05	961	1,396
20-39.....	2.00	23.8	1.78	275	5.01	842	1,432
40-59.....	1.83	21.2	1.55	263	5.16	759	1,264
60 and over.....	1.69	19.7	1.67	255	5.06	612	1,018
20 and over.....	1.88	22.2	1.70	267	5.06	767	1,293
Females:							
6-11.....	1.89	16.6	1.39	236	4.09	881	1,180
12-19.....	1.66	17.8	1.38	216	3.64	743	1,136
20-39.....	1.48	17.5	1.32	202	3.99	622	1,025
40-59.....	1.23	15.4	1.20	185	3.07	508	865
60 and over.....	1.45	16.0	1.38	232	3.75	554	845
20 and over.....	1.42	16.6	1.31	208	3.72	577	935
All individuals.....	1.67	17.7	1.41	223	4.04	721	1,079
100% poverty and over:							
Males and females:							
1-2.....	1.55	11.5	1.13	166	2.99	787	914
3-5.....	1.79	15.7	1.35	225	3.93	853	1,047
5 and under ‡ .....	1.68	13.8	1.21	196	3.48	816	958
Males:							
6-11.....	2.17	19.9	1.66	274	4.44	1,008	1,283
12-19.....	2.59	26.1	2.09	330	6.22	1,187	1,655
20-39.....	2.18	27.1	2.00	285	6.00	922	1,495
40-59.....	2.02	25.5	1.90	278	6.84	788	1,355
60 and over.....	2.06	23.6	2.00	317	6.25	771	1,254
20 and over.....	2.10	25.8	1.97	289	6.32	847	1,399
Females:							
6-11.....	2.04	19.2	1.64	264	4.45	925	1,224
12-19.....	1.76	18.6	1.47	231	3.72	830	1,141
20-39.....	1.58	18.5	1.41	222	3.94	685	1,057
40-59.....	1.47	18.2	1.40	209	4.01	605	983
60 and over.....	1.53	17.9	1.55	247	3.97	612	972
20 and over.....	1.53	18.3	1.44	224	3.97	643	1,014
All individuals.....	1.87	21.1	1.66	255	4.90	797	1,207

‡ Includes infants under 1.

Continued



Table 8.4.--Nutrient intakes: Mean per individual in a day, by poverty status, 1 day, 1989-91--continued

Poverty status, sex, and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Milligrams -----						
Under 100% poverty:						
Males and females:						
1-2.....	161	8.6	6.2	.6	1,972	1,662
3-5.....	182	10.4	7.7	.7	2,293	1,804
5 and under ‡ .....	162	10.3	6.8	.7	1,932	1,648
Males:						
6-11.....	234	12.4	10.1	1.0	3,185	2,428
12-19.....	264	15.5	12.1	1.2	3,921	2,655
20-39.....	284	15.1	13.0	1.3	4,018	2,811
40-59.....	261	14.9	11.7	1.2	3,603	2,456
60 and over.....	235	12.9	9.7	1.1	3,080	2,463
20 and over.....	267	14.6	11.9	1.2	3,695	2,644
Females:						
6-11.....	224	12.4	9.2	.9	2,943	2,167
12-19.....	222	12.0	9.8	1.0	3,148	2,137
20-39.....	206	11.3	9.0	.9	2,653	2,069
40-59.....	190	9.9	8.1	.9	2,262	1,951
60 and over.....	198	11.5	8.0	.9	2,120	1,978
20 and over.....	200	11.1	8.5	.9	2,405	2,016
All individuals.....	216	12.2	9.4	1.0	2,821	2,163
100% poverty and over:						
Males and females:						
1-2.....	172	9.6	6.3	.6	1,871	1,798
3-5.....	200	11.4	7.7	.8	2,405	1,999
5 and under ‡ .....	181	11.0	7.0	.7	2,047	1,849
Males:						
6-11.....	238	14.2	10.1	1.0	3,107	2,407
12-19.....	311	18.1	14.5	1.4	4,266	3,112
20-39.....	303	16.7	13.8	1.4	4,038	3,029
40-59.....	302	16.4	13.3	1.4	3,979	2,988
60 and over.....	297	16.7	13.2	1.4	3,422	2,952
20 and over.....	301	16.6	13.5	1.4	3,889	2,999
Females:						
6-11.....	233	13.3	9.9	1.0	2,968	2,403
12-19.....	218	12.0	9.5	1.0	2,891	2,184
20-39.....	225	12.4	9.3	1.0	2,627	2,225
40-59.....	226	11.7	9.0	1.0	2,421	2,254
60 and over.....	236	12.4	9.1	1.1	2,398	2,397
20 and over.....	228	12.2	9.1	1.0	2,509	2,275
All individuals.....	254	14.1	10.9	1.1	3,116	2,545

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91.

Table 8.5.--Nutrient intakes: Mean per individual in a day, by income level, 1 day, 1989-91

Income level, sex, and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	----- Grams -----				<i>Milligrams</i>	
Under 131% poverty:								
Males and females:								
1-2.....	1.0	1,191	48.1	47.1	19.4	17.1	7.1	214
3-5.....	1.2	1,427	55.8	54.6	21.3	20.2	8.9	226
5 and under ‡ .....	2.4	1,264	48.9	49.6	19.9	17.8	8.2	207
Males:								
6-11.....	1.1	1,835	70.9	71.4	27.3	26.8	12.1	252
12-19.....	1.0	2,257	87.3	86.4	31.7	33.2	14.8	328
20-39.....	1.6	2,311	94.0	91.8	32.3	34.8	17.4	397
40-59.....	0.8	1,993	82.8	79.1	26.6	30.1	16.1	369
60 and over.....	1.0	1,638	68.5	64.0	22.2	24.5	12.2	296
20 and over.....	3.4	2,042	84.0	80.8	28.1	30.7	15.6	361
Females:								
6-11.....	1.1	1,748	63.9	67.4	25.9	25.0	11.4	249
12-19.....	1.2	1,794	67.2	70.1	25.5	26.5	12.8	260
20-39.....	2.5	1,657	66.5	65.1	23.1	24.1	12.9	270
40-59.....	1.3	1,397	57.1	54.7	18.9	20.3	11.3	226
60 and over.....	2.1	1,303	53.6	49.0	16.5	18.2	10.4	201
20 and over.....	5.9	1,475	59.9	57.1	19.8	21.2	11.7	236
All individuals.....	16.0	1,678	66.6	65.4	23.6	24.4	12.3	268
131-350% poverty:								
Males and females:								
1-2.....	1.2	1,258	45.1	46.3	19.0	16.9	7.0	174
3-5.....	2.1	1,465	55.2	54.9	21.2	20.3	9.4	190
5 and under ‡ .....	3.6	1,330	48.7	50.1	19.9	18.1	8.4	174
Males:								
6-11.....	2.3	1,959	72.3	75.2	29.0	28.0	12.6	249
12-19.....	2.1	2,481	94.2	98.7	36.9	37.3	17.2	330
20-39.....	5.8	2,349	93.9	91.3	32.1	34.8	17.1	366
40-59.....	2.7	2,228	93.1	93.1	32.3	35.5	18.0	373
60 and over.....	2.7	1,895	78.3	72.3	25.2	26.9	14.5	308
20 and over.....	11.1	2,210	90.0	87.2	30.5	33.1	16.7	353
Females:								
6-11.....	2.1	1,912	68.5	72.6	27.9	27.0	12.3	236
12-19.....	2.1	1,764	68.7	68.8	26.0	25.4	12.4	224
20-39.....	6.1	1,680	65.6	64.9	23.0	23.8	13.1	249
40-59.....	3.0	1,517	61.9	59.7	20.9	22.1	11.9	234
60 and over.....	3.4	1,485	60.9	55.4	18.9	20.4	11.9	208
20 and over.....	12.5	1,587	63.4	61.0	21.4	22.5	12.5	234
All individuals.....	35.9	1,860	73.1	72.3	26.1	27.0	13.6	271

‡ Includes infants under 1.

Continued

Table 8.5.--Nutrient intakes: Mean per individual in a day, by income level, 1 day, 1989-91--continued

Income level, sex, and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	<i>----- Grams -----</i>					<i>Milligrams</i>
Over 350% poverty:								
Males and females:								
1-2.....	0.9	† 1,134	† 45.2	† 40.4	† 17.0	† 14.6	† 5.9	† 157
3-5.....	1.1	1,543	55.9	57.1	22.1	21.0	9.8	201
5 and under ‡ .....	2.1	1,322	49.2	48.6	19.5	17.4	8.1	172
Males:								
6-11.....	1.2	1,910	68.3	72.9	28.8	27.4	11.4	231
12-19.....	1.7	2,672	99.7	107.0	39.7	40.1	19.2	332
20-39.....	6.4	2,448	100.0	98.5	35.6	36.8	18.5	363
40-59.....	5.8	2,169	89.4	87.3	29.5	32.9	18.0	332
60 and over.....	2.6	1,936	82.6	72.5	24.6	26.7	15.5	282
20 and over.....	14.8	2,250	92.8	89.6	31.3	33.5	17.8	337
Females:								
6-11.....	1.0	† 1,820	† 67.4	† 68.6	† 26.2	† 25.4	† 11.5	† 241
12-19.....	1.7	1,767	65.3	66.1	24.9	23.8	12.5	194
20-39.....	6.3	1,649	66.7	65.4	22.8	23.9	13.8	234
40-59.....	5.5	1,540	64.5	60.6	20.3	22.4	13.2	228
60 and over.....	2.5	1,510	62.3	56.9	18.9	20.8	12.7	192
20 and over.....	14.3	1,583	65.1	62.1	21.2	22.8	13.4	224
All individuals.....	36.8	1,911	77.1	75.1	26.5	27.8	15.0	271

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 8.5.--Nutrient intakes: Mean per individual in a day, by income level, 1 day, 1989-91--continued

Income level, sex, and age (years)	Carbohydrate	Dietary fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	----- Grams -----		International units	Micrograms retinol equivalents		Milligrams alpha-tocopherol equivalents	----- Milligrams -----	
Under 131% poverty:								
Males and females:								
1-2.....	147.1	7.3	3,532	649	214	4.0	80	.99
3-5.....	182.7	9.5	4,300	755	272	5.4	82	1.22
5 and under ‡ .....	159.2	7.9	3,985	725	245	5.6	86	1.12
Males:								
6-11.....	232.5	12.8	4,190	765	251	6.8	85	1.57
12-19.....	287.2	16.2	4,798	857	295	7.5	98	1.79
20-39.....	270.7	16.8	5,768	955	392	8.7	92	1.73
40-59.....	230.2	15.0	5,260	880	351	7.3	69	1.50
60 and over.....	196.3	14.3	6,954	1,138	490	6.7	83	1.50
20 and over.....	239.7	15.6	5,997	991	411	7.8	84	1.61
Females:								
6-11.....	228.2	12.5	4,485	794	284	6.5	79	1.46
12-19.....	227.7	12.1	3,291	601	197	5.7	81	1.35
20-39.....	202.1	11.3	4,486	722	315	6.2	80	1.28
40-59.....	170.8	10.4	4,362	701	307	5.6	69	1.10
60 and over.....	165.8	11.9	6,133	962	447	6.1	79	1.18
20 and over.....	182.4	11.3	5,050	804	361	6.0	77	1.21
All individuals.....	207.3	12.3	4,852	817	325	6.5	82	1.37
131-350% poverty:								
Males and females:								
1-2.....	170.2	8.0	3,692	693	216	4.1	80	1.05
3-5.....	193.1	9.8	3,683	770	176	4.9	85	1.29
5 and under ‡ .....	176.2	8.5	3,769	747	203	5.0	86	1.16
Males:								
6-11.....	254.9	13.2	5,790	1,035	372	6.7	107	1.69
12-19.....	310.9	16.3	5,415	1,050	292	8.9	111	2.07
20-39.....	276.4	15.9	6,140	957	453	8.3	102	1.76
40-59.....	248.7	15.6	7,373	1,172	525	8.7	98	1.70
60 and over.....	234.9	16.7	8,611	1,417	585	8.8	111	1.72
20 and over.....	259.7	16.0	7,035	1,120	502	8.5	103	1.73
Females:								
6-11.....	254.9	13.0	5,652	953	† 376	6.8	96	1.59
12-19.....	222.2	11.3	4,483	806	273	6.8	92	1.47
20-39.....	209.6	12.0	5,196	831	380	6.9	87	1.34
40-59.....	184.7	11.5	5,051	830	344	6.1	77	1.25
60 and over.....	189.8	13.6	7,369	1,086	564	7.3	104	1.31
20 and over.....	198.2	12.3	5,760	901	422	6.8	90	1.31
All individuals.....	230.1	13.4	5,854	968	402	7.3	96	1.52

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 8.5.--Nutrient intakes: Mean per individual in a day, by income level, 1 day, 1989-91--continued

Income level, sex, and age (years)	Carbohydrate	Dietary fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	----- Grams -----		International units	Micrograms retinol ----- equivalents -----		Milligrams alpha-tocopherol equivalents	----- Milligrams -----	
Over 350% poverty:								
Males and females:								
1-2.....	† 152.2	† 8.2	† 3,797	† 699	† 221	† 3.8	† 84	† .96
3-5.....	207.8	10.5	4,788	903	294	5.4	94	1.32
5 and under ‡ .....	177.5	9.1	4,380	820	263	5.2	91	1.18
Males:								
6-11.....	251.8	11.8	4,191	860	203	6.6	95	1.52
12-19.....	336.4	16.7	7,646	1,259	533	10.5	130	2.05
20-39.....	282.6	17.0	6,781	1,106	469	10.7	113	1.91
40-59.....	245.6	17.3	7,009	1,121	493	10.5	100	1.74
60 and over.....	234.8	18.7	10,491	1,535	809	10.1	132	1.77
20 and over.....	259.9	17.4	7,511	1,186	537	10.5	111	1.82
Females:								
6-11.....	† 241.7	† 14.1	† 5,591	† 981	† 351	† 7.6	† 100	† 1.55
12-19.....	229.9	11.6	4,941	812	339	6.3	101	1.38
20-39.....	198.1	12.1	5,498	856	400	7.5	87	1.30
40-59.....	182.9	12.4	6,388	954	488	7.2	88	1.23
60 and over.....	188.9	15.5	9,542	1,318	776	8.5	121	1.31
20 and over.....	190.6	12.8	6,538	974	499	7.5	93	1.28
All individuals.....	229.5	14.6	6,679	1,052	481	8.6	103	1.54

† See "Statistical notes."

‡ Includes infants under 1.

Continued



Table 8.5.--Nutrient intakes: Mean per individual in a day, by income level, 1 day, 1989-91--continued

Income level, sex, and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----	
Under 131% poverty:							
Males and females:							
1-2.....	1.50	11.7	1.03	161	2.96	749	899
3-5.....	1.67	14.9	1.25	203	3.42	782	1,001
5 and under ‡ .....	1.59	13.2	1.09	180	3.19	753	907
Males:							
6-11.....	1.99	18.7	1.58	245	4.36	926	1,243
12-19.....	2.20	22.6	1.78	286	5.08	962	1,408
20-39.....	2.08	24.7	1.82	280	5.32	878	1,456
40-59.....	1.76	20.9	1.51	252	4.95	706	1,213
60 and over.....	1.75	19.6	1.66	257	5.50	645	1,064
20 and over.....	1.91	22.3	1.71	267	5.29	771	1,286
Females:							
6-11.....	1.84	16.8	1.40	236	3.94	843	1,148
12-19.....	1.62	17.2	1.34	208	3.66	728	1,107
20-39.....	1.49	17.8	1.33	202	3.96	629	1,027
40-59.....	1.27	15.2	1.19	186	3.41	533	874
60 and over.....	1.42	15.9	1.36	221	3.59	539	843
20 and over.....	1.42	16.6	1.31	206	3.71	577	929
All individuals.....	1.68	17.9	1.42	225	4.11	721	1,080
131-350% poverty:							
Males and females:							
1-2.....	1.56	11.7	1.15	164	3.00	780	911
3-5.....	1.76	15.6	1.35	220	3.45	836	1,035
5 and under ‡ .....	1.65	13.7	1.20	191	3.19	803	949
Males:							
6-11.....	2.22	20.2	1.70	275	4.56	1,015	1,300
12-19.....	2.58	26.1	2.08	327	5.87	1,156	1,613
20-39.....	2.01	25.9	1.90	262	5.24	825	1,410
40-59.....	2.03	24.7	1.90	275	5.95	810	1,391
60 and over.....	2.09	23.0	1.92	309	6.43	771	1,242
20 and over.....	2.03	24.9	1.90	277	5.70	808	1,365
Females:							
6-11.....	2.07	19.2	1.65	266	4.38	955	1,257
12-19.....	1.79	19.4	1.53	237	3.93	826	1,163
20-39.....	1.60	18.1	1.40	223	3.64	679	1,054
40-59.....	1.49	17.5	1.36	196	4.23	608	969
60 and over.....	1.54	17.7	1.49	237	4.04	640	989
20 and over.....	1.55	17.9	1.42	220	3.89	651	1,015
All individuals.....	1.86	20.4	1.62	248	4.57	797	1,194

‡ Includes infants under 1.

Continued

Table 8.5.--Nutrient intakes: Mean per individual in a day, by income level, 1 day, 1989-91--continued

Income level, sex, and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----	
Over 350% poverty:							
Males and females:							
1-2.....	† 1.53	† 11.3	† 1.14	† 173	† 3.03	† 784	† 900
3-5.....	1.87	15.9	1.40	240	4.95	889	1,071
5 and under ‡ .....	1.72	14.0	1.25	206	4.02	833	965
Males:							
6-11.....	2.12	19.4	1.61	278	4.31	1,018	1,266
12-19.....	2.66	26.7	2.16	337	6.84	1,264	1,744
20-39.....	2.33	28.2	2.11	304	6.68	1,007	1,569
40-59.....	2.03	26.1	1.92	282	7.36	786	1,349
60 and over.....	2.08	24.9	2.15	336	6.11	787	1,294
20 and over.....	2.17	26.8	2.04	301	6.85	882	1,436
Females:							
6-11.....	† 2.09	† 20.0	† 1.70	† 268	† 4.91	† 917	† 1,203
12-19.....	1.78	18.0	1.43	229	3.45	857	1,134
20-39.....	1.57	18.9	1.43	223	4.23	694	1,063
40-59.....	1.46	18.8	1.44	218	3.88	605	998
60 and over.....	1.57	19.0	1.71	275	4.09	606	996
20 and over.....	1.53	18.9	1.48	230	4.07	644	1,026
All individuals.....	1.90	22.2	1.73	264	5.31	808	1,237

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 8.5.--Nutrient intakes: Mean per individual in a day, by income level, 1 day, 1989-91--continued

Income level, sex, and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
<i>----- Milligrams -----</i>						
Under 131% poverty:						
Males and females:						
1-2.....	163	8.7	6.3	.6	1,971	1,681
3-5.....	188	10.7	7.9	.7	2,305	1,863
5 and under ‡ .....	167	10.4	7.0	.7	1,966	1,698
Males:						
6-11.....	230	12.6	9.9	1.0	3,084	2,378
12-19.....	265	15.8	12.2	1.2	3,979	2,648
20-39.....	286	15.6	13.2	1.3	4,010	2,842
40-59.....	255	14.4	11.1	1.1	3,570	2,434
60 and over.....	239	13.3	9.5	1.1	3,060	2,518
20 and over.....	265	14.6	11.7	1.2	3,632	2,654
Females:						
6-11.....	219	12.3	9.2	.9	2,929	2,151
12-19.....	213	11.7	9.4	1.0	3,049	2,067
20-39.....	206	11.4	9.1	.9	2,630	2,084
40-59.....	191	9.9	7.9	.8	2,214	1,936
60 and over.....	199	11.3	7.9	.9	2,152	2,012
20 and over.....	200	11.0	8.4	.9	2,371	2,027
All individuals.....	217	12.2	9.4	1.0	2,811	2,183
131-350% poverty:						
Males and females:						
1-2.....	173	9.4	6.3	.7	1,942	1,835
3-5.....	194	11.1	7.6	.8	2,421	1,935
5 and under ‡ .....	177	10.5	6.9	.7	2,084	1,820
Males:						
6-11.....	241	14.4	10.4	1.0	3,200	2,512
12-19.....	302	17.8	14.0	1.3	4,156	2,986
20-39.....	286	15.5	13.0	1.3	3,976	2,879
40-59.....	293	15.8	13.7	1.3	4,113	3,022
60 and over.....	283	16.4	11.7	1.3	3,440	2,837
20 and over.....	287	15.8	12.8	1.3	3,880	2,903
Females:						
6-11.....	237	13.0	9.9	1.0	3,010	2,426
12-19.....	217	12.6	10.1	1.0	3,014	2,162
20-39.....	222	12.4	9.2	1.0	2,678	2,209
40-59.....	217	11.5	9.0	.9	2,400	2,208
60 and over.....	235	12.2	8.8	1.0	2,450	2,352
20 and over.....	224	12.1	9.0	1.0	2,548	2,248
All individuals.....	245	13.7	10.5	1.1	3,105	2,474

‡ Includes infants under 1.

Continued

Table 8.5.--Nutrient intakes: Mean per individual in a day, by income level, 1 day, 1989-91--continued

Income level, sex, and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Milligrams -----						
Over 350% poverty:						
Males and females:						
1-2.....	† 171	† 10.1	† 6.2	† .6	† 1,746	† 1,753
3-5.....	212	12.2	7.8	.8	2,394	2,114
5 and under ‡ .....	188	11.8	7.1	.7	1,976	1,895
Males:						
6-11.....	235	14.3	9.7	.9	3,000	2,247
12-19.....	330	18.7	15.4	1.4	4,429	3,351
20-39.....	318	17.9	14.6	1.4	4,097	3,172
40-59.....	309	16.9	13.3	1.4	3,939	3,000
60 and over.....	321	17.6	15.5	1.5	3,475	3,143
20 and over.....	315	17.4	14.3	1.4	3,928	3,100
Females:						
6-11.....	† 232	† 14.6	† 10.3	† 1.0	† 2,903	† 2,448
12-19.....	224	11.5	8.9	1.0	2,770	2,267
20-39.....	230	12.5	9.3	1.0	2,585	2,251
40-59.....	233	11.9	9.1	1.0	2,455	2,306
60 and over.....	251	13.3	10.0	1.1	2,398	2,581
20 and over.....	235	12.4	9.4	1.1	2,503	2,329
All individuals.....	268	14.8	11.5	1.2	3,171	2,657

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91.

Table 8.6.--Nutrient intakes: Mean per individual in a day, by region, 1 day, 1989-91

Region, sex, and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	<i>----- Grams -----</i>				<i>Milligrams</i>	
Northeast:								
Males and females:								
1-2.....	0.6	1,359	51.6	49.7	21.3	17.9	6.9	192
3-5.....	1.0	1,575	59.6	60.7	24.1	22.2	10.0	198
5 and under ‡ .....	1.8	1,414	52.7	54.0	22.2	19.2	8.7	181
Males:								
6-11.....	0.8	1,932	69.6	70.6	26.3	26.3	12.6	246
12-19.....	1.2	2,581	100.5	97.5	36.8	36.1	17.0	338
20-39.....	3.3	2,418	101.4	93.8	33.7	35.3	17.5	352
40-59.....	2.3	2,234	91.3	91.4	30.9	34.4	18.9	344
60 and over.....	1.3	1,944	81.3	73.4	25.1	26.9	15.6	277
20 and over.....	6.9	2,267	94.2	89.2	31.1	33.4	17.6	335
Females:								
6-11.....	1.0	1,885	66.5	70.5	26.6	26.2	12.5	219
12-19.....	1.0	1,835	68.9	72.7	26.5	26.0	15.0	232
20-39.....	3.7	1,713	69.9	66.7	23.4	24.1	14.0	267
40-59.....	2.3	1,577	65.2	60.3	20.0	22.6	12.9	234
60 and over.....	2.1	1,491	62.3	56.8	19.3	20.5	12.4	215
20 and over.....	8.0	1,617	66.6	62.3	21.4	22.8	13.3	244
All individuals.....	20.7	1,908	76.8	73.8	26.3	27.3	14.6	273
Midwest:								
Males and females:								
1-2.....	0.9	1,149	45.4	45.1	19.0	16.3	6.5	189
3-5.....	1.1	1,409	54.7	52.4	21.2	19.2	8.1	199
5 and under ‡ .....	2.3	1,240	47.7	47.6	19.6	16.9	7.5	180
Males:								
6-11.....	1.3	1,979	74.0	79.0	31.6	29.5	12.2	256
12-19.....	1.4	2,257	85.3	90.4	33.1	34.5	16.2	283
20-39.....	4.0	2,586	106.4	107.2	40.0	40.5	18.3	406
40-59.....	2.7	2,148	89.8	90.0	30.8	34.3	17.8	328
60 and over.....	1.4	1,887	77.9	74.8	25.5	28.0	15.5	291
20 and over.....	8.1	2,316	95.8	95.8	34.4	36.2	17.6	360
Females:								
6-11.....	1.1	1,871	69.7	72.6	28.8	26.8	11.6	254
12-19.....	1.2	1,827	68.9	72.1	27.4	26.7	12.8	228
20-39.....	4.4	1,665	66.1	67.6	24.1	24.8	13.6	230
40-59.....	2.8	1,506	64.0	59.0	20.4	21.8	12.3	225
60 and over.....	1.9	1,396	59.1	53.1	18.2	19.7	11.1	193
20 and over.....	9.1	1,561	64.0	62.0	21.7	22.8	12.7	221
All individuals.....	24.5	1,871	75.3	75.3	27.5	28.1	13.9	270

‡ Includes infants under 1.

Continued



Table 8.6.--Nutrient intakes: Mean per individual in a day, by region, 1 day, 1989-91--continued

Region, sex, and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	----- Grams -----				<i>Milligrams</i>	
South:								
Males and females:								
1-2.....	1.1	1,153	43.4	43.4	17.5	15.9	6.8	185
3-5.....	1.6	1,464	55.2	55.9	21.3	21.0	9.5	198
5 and under ‡ .....	3.0	1,292	47.9	49.6	19.3	18.2	8.4	185
Males:								
6-11.....	1.7	1,882	70.5	74.2	27.8	28.2	12.7	245
12-19.....	1.8	2,558	96.3	102.1	38.1	39.2	17.2	334
20-39.....	5.2	2,389	94.0	93.5	32.2	35.8	18.2	363
40-59.....	3.4	2,157	87.5	86.9	29.7	33.0	17.4	350
60 and over.....	2.7	1,803	77.2	70.0	24.3	26.5	13.7	307
20 and over.....	11.3	2,180	88.1	85.9	29.6	32.7	16.9	346
Females:								
6-11.....	1.5	1,806	64.0	70.0	26.5	26.4	11.8	239
12-19.....	2.3	1,710	64.5	64.8	24.0	24.0	11.7	220
20-39.....	5.4	1,617	63.3	60.9	21.2	22.7	12.3	235
40-59.....	4.0	1,453	60.0	57.0	19.3	21.2	12.0	230
60 and over.....	3.6	1,405	57.7	52.1	17.6	19.3	11.1	194
20 and over.....	13.0	1,508	60.8	57.3	19.6	21.3	11.9	222
All individuals.....	34.6	1,807	71.2	70.1	24.8	26.4	13.5	267
West:								
Males and females:								
1-2.....	0.7	1,175	45.9	41.4	17.4	14.8	6.1	155
3-5.....	1.1	1,430	52.9	51.6	19.9	18.9	9.0	209
5 and under ‡ .....	1.9	1,270	47.2	46.1	18.4	16.3	7.9	177
Males:								
6-11.....	1.1	1,770	65.2	64.1	25.7	23.5	10.2	222
12-19.....	1.0	2,420	89.8	95.5	35.8	35.0	17.6	336
20-39.....	3.3	2,223	90.1	85.6	30.0	31.8	17.2	335
40-59.....	2.0	2,074	89.2	82.2	28.2	30.5	17.0	359
60 and over.....	1.6	1,848	77.8	66.3	22.7	24.1	14.0	303
20 and over.....	6.9	2,093	87.0	80.2	27.8	29.7	16.4	335
Females:								
6-11.....	0.9	1,772	69.8	65.6	25.4	23.9	11.3	265
12-19.....	1.1	1,664	63.3	63.1	24.1	23.1	11.0	217
20-39.....	3.3	1,650	67.4	64.3	22.4	23.5	13.4	266
40-59.....	2.2	1,523	65.0	61.3	21.1	22.2	13.2	238
60 and over.....	1.9	1,469	59.2	54.3	17.9	19.9	12.3	216
20 and over.....	7.4	1,566	64.6	60.9	20.9	22.2	13.1	245
All individuals.....	20.3	1,784	72.0	68.2	24.4	25.0	13.6	272

‡ Includes infants under 1.

Continued

Table 8.6.--Nutrient intakes: Mean per individual in a day, by region, 1 day, 1989-91--continued

Region, sex, and age (years)	Carbohydrate	Dietary fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	----- Grams -----		International units	Micrograms retinol equivalents		Milligrams alpha-tocopherol equivalents	----- Milligrams -----	
<b>Northeast:</b>								
Males and females:								
1-2.....	180.9	8.1	4,030	774	221	4.2	89	1.20
3-5.....	203.1	9.7	4,050	758	243	5.5	96	1.33
5 and under ‡ .....	184.0	8.6	4,172	776	251	5.6	95	1.25
Males:								
6-11.....	260.3	13.4	4,603	818	290	6.3	122	1.60
12-19.....	332.0	16.8	7,072	1,218	469	9.1	130	2.27
20-39.....	280.6	17.0	7,357	1,131	541	9.7	107	1.94
40-59.....	248.6	16.5	7,870	1,173	598	10.7	103	1.78
60 and over.....	240.1	17.1	8,929	1,318	682	9.1	120	1.74
20 and over.....	262.2	16.8	7,824	1,180	587	9.9	108	1.85
Females:								
6-11.....	253.8	13.3	† 7,213	1,092	† 542	7.3	97	1.66
12-19.....	225.8	12.5	5,071	927	302	8.4	120	1.57
20-39.....	206.0	12.0	5,746	885	423	7.6	88	1.40
40-59.....	192.8	12.7	7,998	1,191	607	7.3	103	1.33
60 and over.....	186.5	13.7	7,644	1,094	604	6.9	105	1.28
20 and over.....	197.2	12.7	6,876	1,026	522	7.3	96	1.35
All individuals.....	232.0	14.0	6,817	1,058	499	8.2	104	1.60
<b>Midwest:</b>								
Males and females:								
1-2.....	144.5	6.9	3,331	659	172	4.0	70	.97
3-5.....	184.7	9.4	4,177	851	220	4.6	75	1.27
5 and under ‡ .....	159.6	7.8	3,861	777	203	5.0	78	1.14
Males:								
6-11.....	249.6	13.0	4,895	960	258	6.5	81	1.72
12-19.....	283.4	14.7	4,717	914	255	8.4	99	1.67
20-39.....	289.4	17.5	6,312	1,139	390	9.2	104	1.92
40-59.....	243.0	16.4	6,078	1,006	412	8.9	89	1.66
60 and over.....	222.3	16.4	8,579	1,383	599	10.0	115	1.70
20 and over.....	262.1	16.9	6,635	1,138	435	9.2	101	1.80
Females:								
6-11.....	242.9	13.5	5,480	1,004	325	7.2	91	1.60
12-19.....	231.5	11.7	4,356	778	271	6.0	84	1.34
20-39.....	201.2	11.7	4,801	816	330	7.1	74	1.25
40-59.....	180.6	12.3	5,031	809	352	6.7	73	1.20
60 and over.....	173.9	12.4	6,062	945	443	6.8	98	1.22
20 and over.....	189.2	12.1	5,132	841	360	6.9	79	1.23
All individuals.....	223.8	13.5	5,453	948	353	7.5	88	1.48

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 8.6.--Nutrient intakes: Mean per individual in a day, by region, 1 day, 1989-91--continued

Region, sex, and age (years)	Carbohydrate	Dietary fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	----- Grams -----		International units	Micrograms retinol equivalents		Milligrams alpha-tocopherol equivalents	----- Milligrams -----	
<b>South:</b>								
Males and females:								
1-2.....	151.6	7.8	3,215	582	204	3.9	81	.95
3-5.....	190.1	9.6	3,774	728	214	5.0	83	1.25
5 and under ‡ .....	168.0	8.3	3,604	683	214	5.1	85	1.11
Males:								
6-11.....	238.1	11.0	4,004	775	218	7.1	91	1.52
12-19.....	319.5	16.3	4,701	908	258	8.7	100	2.06
20-39.....	285.2	15.8	5,191	821	375	9.5	102	1.81
40-59.....	246.7	16.2	6,364	1,079	418	8.2	98	1.63
60 and over.....	216.9	16.0	8,235	1,324	577	8.3	95	1.59
20 and over.....	257.4	16.0	6,267	1,018	435	8.8	99	1.70
Females:								
6-11.....	237.8	12.6	4,171	733	267	6.2	80	1.40
12-19.....	221.6	11.0	3,647	633	234	5.6	80	1.38
20-39.....	204.1	11.1	4,756	756	339	6.5	87	1.29
40-59.....	175.5	10.8	4,788	769	343	6.2	78	1.18
60 and over.....	180.3	13.4	8,264	1,171	660	7.1	100	1.27
20 and over.....	188.8	11.7	5,730	874	429	6.6	88	1.25
All individuals.....	222.8	13.0	5,377	879	373	7.3	91	1.46
<b>West:</b>								
Males and females:								
1-2.....	159.4	8.3	4,271	752	267	3.7	94	.96
3-5.....	194.6	10.7	4,648	858	270	5.2	91	1.25
5 and under ‡ .....	171.8	9.1	4,460	814	266	5.2	94	1.13
Males:								
6-11.....	241.0	13.8	6,480	1,108	456	6.1	111	1.54
12-19.....	309.2	17.1	8,200	1,356	559	9.3	139	1.97
20-39.....	259.8	16.5	6,764	1,025	505	9.7	107	1.72
40-59.....	233.3	17.5	7,400	1,147	548	11.7	94	1.75
60 and over.....	234.3	18.8	10,837	1,594	838	8.7	136	1.72
20 and over.....	246.2	17.3	7,888	1,192	594	10.0	110	1.73
Females:								
6-11.....	232.9	12.8	4,475	841	254	6.4	98	1.49
12-19.....	216.6	11.9	6,235	955	† 462	6.1	90	1.31
20-39.....	200.0	12.7	5,791	876	435	7.4	95	1.34
40-59.....	176.6	12.3	6,467	929	507	6.9	81	1.19
60 and over.....	187.7	15.6	8,658	1,240	681	8.3	111	1.28
20 and over.....	189.9	13.3	6,722	985	519	7.5	95	1.28
All individuals.....	219.4	14.4	6,830	1,055	504	8.0	103	1.48

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 8.6.--Nutrient intakes: Mean per individual in a day, by region, 1 day, 1989-91--continued

Region, sex, and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----	
Northeast:							
Males and females:							
1-2.....	1.81	13.9	1.32	200	3.60	889	1,023
3-5.....	1.81	16.7	1.32	218	† 5.10	863	1,062
5 and under ‡ .....	1.78	15.3	1.25	202	4.28	855	991
Males:							
6-11.....	2.06	21.0	1.73	277	4.29	896	1,209
12-19.....	2.68	27.7	2.20	357	6.20	1,173	1,659
20-39.....	2.20	29.0	2.05	278	5.76	951	1,524
40-59.....	1.97	26.2	1.92	269	6.66	768	1,339
60 and over.....	2.00	25.0	2.11	294	5.08	736	1,247
20 and over.....	2.08	27.3	2.02	278	5.93	849	1,410
Females:							
6-11.....	2.07	19.4	1.63	278	4.92	920	1,202
12-19.....	1.93	20.3	1.60	261	3.91	906	1,228
20-39.....	1.63	19.7	1.47	222	4.10	684	1,077
40-59.....	1.57	19.6	1.47	226	4.93	615	999
60 and over.....	1.50	18.0	1.51	225	3.62	592	960
20 and over.....	1.58	19.2	1.48	224	4.21	641	1,025
All individuals.....	1.89	22.2	1.70	254	4.93	795	1,212
Midwest:							
Males and females:							
1-2.....	1.51	11.0	1.07	154	2.86	774	885
3-5.....	1.82	15.4	1.40	226	3.64	886	1,049
5 and under ‡ .....	1.68	13.3	1.19	189	3.26	823	932
Males:							
6-11.....	2.26	19.6	1.60	270	4.92	1,123	1,366
12-19.....	2.27	22.7	1.76	273	5.97	1,076	1,493
20-39.....	2.49	28.1	2.13	294	7.43	1,100	1,680
40-59.....	2.01	24.9	1.84	255	5.97	812	1,354
60 and over.....	2.02	23.2	2.01	315	5.45	754	1,208
20 and over.....	2.25	26.2	2.01	285	6.59	943	1,488
Females:							
6-11.....	2.22	20.5	1.73	272	4.53	1,003	1,274
12-19.....	1.80	18.9	1.45	213	3.80	900	1,192
20-39.....	1.61	18.4	1.38	207	3.93	733	1,079
40-59.....	1.44	18.6	1.40	203	3.55	602	990
60 and over.....	1.44	17.1	1.43	213	3.67	601	927
20 and over.....	1.52	18.2	1.40	207	3.76	665	1,020
All individuals.....	1.91	20.9	1.63	242	4.88	847	1,232

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 8.6.--Nutrient intakes: Mean per individual in a day, by region, 1 day, 1989-91--continued

Region, sex, and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----	
<b>South:</b>							
Males and females:							
1-2.....	1.43	10.9	1.04	164	2.76	707	837
3-5.....	1.72	15.5	1.29	209	3.29	795	1,013
5 and under ‡ .....	1.58	13.3	1.14	185	3.03	749	909
Males:							
6-11.....	2.06	19.2	1.60	248	4.46	941	1,245
12-19.....	2.52	25.6	1.97	308	5.73	1,164	1,623
20-39.....	2.04	26.3	1.94	286	5.58	824	1,432
40-59.....	1.93	23.4	1.74	280	6.33	755	1,319
60 and over.....	1.95	21.6	1.79	302	6.82	729	1,202
20 and over.....	1.98	24.3	1.84	288	6.10	781	1,343
Females:							
6-11.....	1.79	17.3	1.42	224	3.89	826	1,148
12-19.....	1.58	17.6	1.37	217	3.41	683	1,049
20-39.....	1.48	18.0	1.35	216	3.64	616	998
40-59.....	1.38	16.6	1.30	200	3.79	555	930
60 and over.....	1.53	17.0	1.48	255	4.02	612	945
20 and over.....	1.46	17.3	1.37	222	3.79	596	963
All individuals.....	1.75	19.8	1.55	246	4.59	731	1,144
<b>West:</b>							
Males and females:							
1-2.....	1.51	10.4	1.05	149	3.02	810	930
3-5.....	1.73	14.6	1.34	232	3.54	822	1,023
5 and under ‡ .....	1.62	12.7	1.17	194	3.27	797	939
Males:							
6-11.....	2.03	18.2	1.60	275	3.87	917	1,192
12-19.....	2.54	24.1	2.20	360	5.72	1,172	1,626
20-39.....	2.04	25.3	1.88	279	5.31	869	1,387
40-59.....	2.09	25.8	2.08	305	7.37	796	1,366
60 and over.....	2.05	24.2	2.04	312	5.92	759	1,244
20 and over.....	2.06	25.2	1.98	294	6.05	822	1,348
Females:							
6-11.....	1.99	17.3	1.60	255	4.20	949	1,263
12-19.....	1.75	16.4	1.34	228	3.77	829	1,105
20-39.....	1.60	18.1	1.48	243	4.13	682	1,074
40-59.....	1.43	17.9	1.43	206	4.34	630	1,004
60 and over.....	1.54	17.7	1.63	258	4.08	603	974
20 and over.....	1.54	18.0	1.50	236	4.18	647	1,028
All individuals.....	1.83	20.1	1.67	260	4.76	785	1,181

‡ Includes infants under 1.

Continued



Table 8.6.--Nutrient intakes: Mean per individual in a day, by region, 1 day, 1989-91--continued

Region, sex, and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
<i>----- Milligrams -----</i>						
Northeast:						
Males and females:						
1-2.....	185	9.7	6.7	.7	1,970	1,967
3-5.....	210	11.1	7.6	.8	2,393	2,103
5 and under ‡ .....	190	11.2	7.0	.7	2,029	1,952
Males:						
6-11.....	236	13.9	9.7	1.0	3,233	2,442
12-19.....	316	19.1	15.0	1.5	4,542	3,119
20-39.....	295	17.2	13.2	1.4	4,231	2,984
40-59.....	302	16.3	13.2	1.4	4,069	2,964
60 and over.....	291	16.4	11.9	1.3	3,305	3,024
20 and over.....	297	16.7	13.0	1.4	4,003	2,985
Females:						
6-11.....	231	13.6	9.5	1.1	3,080	2,346
12-19.....	255	13.3	9.8	1.1	3,217	2,431
20-39.....	226	12.5	9.2	1.0	2,807	2,271
40-59.....	228	12.3	8.9	1.0	2,591	2,362
60 and over.....	224	11.9	8.7	1.0	2,329	2,338
20 and over.....	226	12.3	9.0	1.0	2,622	2,314
All individuals.....	254	14.3	10.6	1.2	3,217	2,566
Midwest:						
Males and females:						
1-2.....	159	9.3	6.2	.6	1,835	1,668
3-5.....	191	11.7	8.2	.7	2,332	1,895
5 and under ‡ .....	168	11.1	7.2	.7	1,917	1,722
Males:						
6-11.....	251	14.6	10.4	1.0	3,322	2,442
12-19.....	283	16.0	12.9	1.2	3,655	2,762
20-39.....	331	18.1	15.4	1.4	4,460	3,325
40-59.....	301	16.4	13.7	1.4	4,002	3,037
60 and over.....	284	16.2	12.1	1.2	3,486	2,826
20 and over.....	313	17.2	14.3	1.4	4,136	3,141
Females:						
6-11.....	239	13.6	10.6	1.0	3,110	2,408
12-19.....	215	12.1	9.3	.9	3,003	2,246
20-39.....	225	12.2	9.5	1.0	2,611	2,179
40-59.....	233	11.7	9.2	1.0	2,373	2,257
60 and over.....	220	11.4	8.9	1.0	2,261	2,217
20 and over.....	226	11.9	9.3	1.0	2,465	2,211
All individuals.....	254	14.0	11.1	1.1	3,137	2,528

‡ Includes infants under 1.

Continued

Table 8.6.--Nutrient intakes: Mean per individual in a day, by region, 1 day, 1989-91--continued

Region, sex, and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
<hr/> ----- Milligrams ----- <hr/>						
<b>South:</b>						
Males and females:						
1-2.....	163	9.1	6.0	.6	1,841	1,716
3-5.....	189	10.8	7.7	.7	2,463	1,870
5 and under ‡ .....	170	10.4	6.9	.7	2,071	1,739
Males:						
6-11.....	216	12.5	10.5	.9	3,043	2,268
12-19.....	293	18.6	14.2	1.3	4,381	2,938
20-39.....	289	15.8	13.4	1.3	4,098	2,899
40-59.....	285	15.3	12.5	1.4	3,978	2,829
60 and over.....	272	15.2	14.0	1.4	3,273	2,706
20 and over.....	284	15.5	13.3	1.3	3,866	2,832
Females:						
6-11.....	215	12.6	9.5	.9	2,929	2,232
12-19.....	201	11.4	9.4	.9	2,815	2,007
20-39.....	213	11.9	9.0	1.0	2,588	2,087
40-59.....	210	10.6	8.7	.9	2,266	2,106
60 and over.....	227	12.0	8.7	1.0	2,330	2,300
20 and over.....	216	11.6	8.8	1.0	2,418	2,152
All individuals.....	237	13.2	10.5	1.1	3,041	2,378
<b>West:</b>						
Males and females:						
1-2.....	174	8.4	6.2	.6	1,935	1,806
3-5.....	201	11.1	7.2	.8	2,279	1,994
5 and under ‡ .....	181	10.4	6.7	.7	1,970	1,828
Males:						
6-11.....	236	14.1	9.0	1.0	2,771	2,392
12-19.....	312	17.6	13.2	1.3	4,065	3,194
20-39.....	293	16.0	13.0	1.3	3,567	2,780
40-59.....	308	17.2	13.2	1.3	3,571	3,013
60 and over.....	316	17.3	11.7	1.4	3,411	3,104
20 and over.....	303	16.7	12.7	1.3	3,532	2,923
Females:						
6-11.....	241	12.2	9.2	1.0	2,749	2,436
12-19.....	214	11.8	8.8	.9	2,586	2,070
20-39.....	231	12.8	9.2	1.0	2,507	2,290
40-59.....	228	11.7	9.0	1.0	2,550	2,327
60 and over.....	252	13.4	9.4	1.1	2,431	2,491
20 and over.....	235	12.6	9.2	1.0	2,500	2,352
All individuals.....	256	14.0	10.3	1.1	2,908	2,528

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91.

Table 9.1.--Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by sex and age, 1 day, 1989-91

Sex and age (years)	Percentage of population	Food energy in total diet	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	<i>----- Grams -----</i>				<i>Milligrams</i>	
Males and females:								
Under 1.....	0.9	792	28.9	44.9	19.1	11.4	10.7	99
1-2.....	3.2	1,195	39.1	37.1	15.5	13.4	5.5	154
3-5.....	4.8	1,466	38.4	37.0	14.4	13.7	6.2	145
5 and under.....	9.0	1,298	37.7	37.9	15.3	13.3	6.4	143
Males:								
Under 1.....	0.5	821	27.0	44.7	18.9	11.2	10.9	79
1-2.....	1.5	1,250	38.4	37.5	15.8	13.5	5.4	156
3-5.....	2.5	1,473	37.9	36.7	14.1	13.6	6.3	139
6-11.....	4.9	1,891	37.6	38.0	14.8	14.2	6.2	129
12-19.....	5.3	2,459	38.9	38.6	14.5	14.5	6.6	130
20-29.....	7.3	2,519	41.7	39.1	14.2	14.8	7.1	159
30-39.....	8.5	2,317	42.0	39.1	13.6	14.8	7.5	155
40-49.....	6.2	2,205	42.7	39.9	13.8	15.0	8.0	166
50-59.....	4.2	2,085	43.2	39.6	13.4	15.0	8.1	159
60-69.....	3.9	1,904	44.3	37.5	12.7	13.9	7.8	163
70-79.....	2.4	1,814	43.1	37.3	12.7	13.8	7.7	173
80 and over.....	0.7	1,746	37.3	35.7	12.5	13.3	7.0	157
20 and over.....	33.2	2,213	42.5	38.9	13.5	14.7	7.6	161
Females:								
Under 1.....	0.5	761	30.8	45.2	19.3	11.7	10.5	120
1-2.....	1.7	1,144	39.8	36.8	15.2	13.3	5.5	153
3-5.....	2.3	1,458	39.0	37.4	14.7	13.8	6.1	151
6-11.....	4.6	1,832	37.7	37.6	14.4	13.9	6.4	137
12-19.....	5.6	1,748	38.6	37.5	14.0	13.8	6.8	129
20-29.....	7.7	1,655	41.1	37.8	13.2	13.9	7.8	154
30-39.....	9.1	1,658	41.6	38.5	13.5	14.1	7.9	147
40-49.....	6.7	1,520	42.4	38.6	13.3	14.3	7.9	158
50-59.....	4.5	1,482	43.9	37.4	12.6	13.7	8.0	152
60-69.....	4.6	1,498	43.8	37.0	12.6	13.5	7.9	149
70-79.....	3.0	1,366	42.0	35.5	11.9	13.1	7.7	131
80 and over.....	1.8	1,390	39.7	35.8	12.4	13.0	7.6	136
20 and over.....	37.4	1,556	42.1	37.7	13.0	13.8	7.9	149
All individuals.....	100.0	1,839	41.1	38.2	13.7	14.1	7.4	149

Continued

Table 9.1.--Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by sex and age, 1 day, 1989-91--continued

Sex and age (years)	Total carbohydrate	Dietary fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	----- Grams -----		International units	Micrograms retinol equivalents		Milligrams alpha-tocopherol equivalents	----- Milligrams -----	
<b>Males and females:</b>								
Under 1.....	122.7	4.0	5,660	1,076	350	13.9	149	1.32
1-2.....	131.1	6.6	3,337	599	207	3.3	74	.85
3-5.....	131.8	6.7	2,853	556	157	3.5	62	.90
5 and under.....	130.6	6.4	3,319	626	195	4.5	76	.93
<b>Males:</b>								
Under 1.....	125.1	3.9	5,842	1,088	378	14.5	141	1.36
1-2.....	130.7	6.2	3,656	619	248	3.1	71	.82
3-5.....	133.2	6.8	2,939	574	163	3.6	65	.92
6-11.....	130.1	6.7	2,666	488	160	3.4	54	.85
12-19.....	127.1	6.6	2,480	445	153	3.5	47	.83
20-29.....	116.5	6.6	2,635	417	190	3.9	48	.78
30-39.....	115.9	7.3	2,830	445	204	4.1	45	.78
40-49.....	113.8	7.6	3,301	530	232	4.4	43	.80
50-59.....	114.0	8.1	3,649	559	270	4.6	53	.82
60-69.....	119.4	9.2	5,424	812	410	4.7	66	.92
70-79.....	124.9	9.3	4,487	729	310	5.2	63	.95
80 and over.....	134.5	10.2	4,350	673	317	4.0	61	.85
20 and over.....	116.9	7.7	3,435	537	249	4.3	51	.82
<b>Females:</b>								
Under 1.....	120.1	4.1	5,469	1,064	320	13.2	157	1.28
1-2.....	131.5	6.9	3,046	582	170	3.6	78	.88
3-5.....	130.3	6.7	2,761	537	150	3.4	59	.88
6-11.....	131.6	7.2	3,001	514	197	3.7	52	.86
12-19.....	129.3	6.8	2,915	481	199	3.6	54	.82
20-29.....	124.5	7.3	3,302	519	240	4.2	56	.82
30-39.....	121.9	7.4	3,391	523	250	4.3	53	.81
40-49.....	120.7	7.8	3,733	578	273	4.4	53	.81
50-59.....	122.7	8.7	4,524	690	337	4.7	67	.87
60-69.....	124.6	9.6	5,657	806	450	5.1	73	.90
70-79.....	131.7	10.1	5,457	814	413	4.8	82	.92
80 and over.....	133.4	10.0	6,334	886	517	5.0	78	.93
20 and over.....	124.0	8.2	4,157	628	313	4.5	61	.84
<b>All individuals.....</b>	<b>123.3</b>	<b>7.6</b>	<b>3,557</b>	<b>568</b>	<b>253</b>	<b>4.3</b>	<b>57</b>	<b>.84</b>

Continued

Table 9.1.--Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by sex and age, 1 day, 1989-91--continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----	
<b>Males and females:</b>							
Under 1.....	1.96	14.1	0.79	176	3.46	872	709
1-2.....	1.32	9.6	.94	143	2.56	672	772
3-5.....	1.24	10.9	.95	159	2.62	572	711
5 and under.....	1.34	10.8	.93	155	2.69	639	733
<b>Males:</b>							
Under 1.....	1.95	15.5	.80	176	3.26	843	662
1-2.....	1.31	9.2	.89	129	2.56	690	778
3-5.....	1.25	11.2	.97	165	2.72	575	714
6-11.....	1.13	10.4	.87	143	2.37	527	676
12-19.....	1.03	10.7	.85	134	2.45	474	662
20-29.....	.92	11.5	.85	124	2.37	386	632
30-39.....	.91	12.0	.87	121	2.86	374	628
40-49.....	.94	12.2	.90	130	2.96	380	642
50-59.....	.97	12.2	.94	138	3.28	372	642
60-69.....	1.09	13.5	1.10	169	3.37	402	669
70-79.....	1.13	12.5	1.06	174	3.23	429	687
80 and over.....	1.02	10.3	.96	152	2.75	381	620
20 and over.....	.97	12.1	.92	136	2.91	385	642
<b>Females:</b>							
Under 1.....	1.97	12.5	.77	177	3.68	902	759
1-2.....	1.32	9.9	.99	155	2.57	655	767
3-5.....	1.23	10.6	.92	152	2.53	569	708
6-11.....	1.13	10.5	.90	146	2.46	510	676
12-19.....	1.01	10.8	.84	135	2.19	465	654
20-29.....	.98	11.7	.89	141	2.38	407	649
30-39.....	.97	11.8	.89	135	2.54	422	652
40-49.....	.96	12.5	.92	138	2.78	388	647
50-59.....	1.04	12.8	1.03	161	2.99	430	686
60-69.....	1.08	13.0	1.11	171	2.77	431	685
70-79.....	1.08	12.6	1.08	182	3.09	431	678
80 and over.....	1.14	11.8	1.08	181	2.30	467	677
20 and over.....	1.01	12.2	.96	150	2.67	418	662
<b>All individuals.....</b>	<b>1.04</b>	<b>11.7</b>	<b>.93</b>	<b>144</b>	<b>2.69</b>	<b>442</b>	<b>663</b>

Continued



Table 9.1.--Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by sex and age, 1 day, 1989-91--continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
<i>----- Milligrams -----</i>						
<b>Males and females:</b>						
Under 1.....	123	18.2	7.1	0.9	581	1,383
1-2.....	144	7.7	5.3	.5	1,589	1,524
3-5.....	135	7.9	5.3	.5	1,640	1,341
5 and under.....	137	8.9	5.5	.6	1,511	1,411
<b>Males:</b>						
Under 1.....	122	19.7	7.2	.9	504	1,363
1-2.....	142	7.5	5.3	.5	1,589	1,495
3-5.....	136	8.3	5.4	.5	1,652	1,341
6-11.....	125	7.3	5.3	.5	1,639	1,270
12-19.....	124	7.7	5.8	.5	1,712	1,231
20-29.....	122	6.7	5.8	.5	1,709	1,230
30-39.....	136	7.3	5.9	.6	1,739	1,351
40-49.....	143	7.8	6.0	.6	1,801	1,393
50-59.....	145	7.6	6.6	.7	1,895	1,487
60-69.....	158	8.8	6.5	.7	1,861	1,615
70-79.....	158	8.9	7.8	.8	1,873	1,574
80 and over.....	159	8.1	6.0	.7	1,790	1,562
20 and over.....	140	7.6	6.2	.6	1,789	1,401
<b>Females:</b>						
Under 1.....	125	16.6	7.0	.8	663	1,403
1-2.....	147	8.0	5.4	.5	1,588	1,551
3-5.....	134	7.4	5.2	.5	1,627	1,342
6-11.....	128	7.4	5.4	.5	1,657	1,305
12-19.....	127	7.0	5.5	.6	1,666	1,254
20-29.....	134	7.8	5.8	.6	1,618	1,340
30-39.....	145	7.6	5.8	.6	1,626	1,432
40-49.....	151	7.6	6.0	.7	1,654	1,506
50-59.....	165	8.2	6.4	.7	1,646	1,675
60-69.....	167	8.7	6.7	.7	1,654	1,691
70-79.....	168	8.7	6.1	.7	1,639	1,727
80 and over.....	162	8.9	6.2	.7	1,701	1,658
20 and over.....	152	8.0	6.1	.7	1,640	1,522
<b>All individuals.....</b>	<b>141</b>	<b>7.8</b>	<b>6.0</b>	<b>.6</b>	<b>1,684</b>	<b>1,419</b>

NOTE: See "Table notes."

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91.

Table 9.2.--Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by race, 1 day, 1989-91

Race, sex, and age (years)	Percentage of population	Food energy in total diet	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	----- Grams -----				<i>Milligrams</i>	
White:								
Males and females:								
1-2.....	2.3	1,185	39.1	36.8	15.5	13.2	5.3	152
3-5.....	3.8	1,484	38.6	36.7	14.3	13.5	6.2	142
5 and under ‡ .....	6.8	1,315	37.8	37.5	15.1	13.2	6.3	141
Males:								
6-11.....	3.9	1,886	37.3	38.0	14.8	14.2	6.2	126
12-19.....	4.5	2,502	38.7	38.9	14.7	14.6	6.7	130
20-39.....	13.2	2,437	41.5	39.4	14.0	14.9	7.4	153
40-59.....	9.3	2,180	42.7	40.1	13.8	15.1	8.1	161
60 and over.....	6.0	1,872	42.9	37.1	12.7	13.7	7.7	158
20 and over.....	28.5	2,234	42.2	39.2	13.7	14.7	7.7	157
Females:								
6-11.....	3.5	1,814	37.7	37.5	14.5	13.9	6.3	136
12-19.....	4.1	1,727	38.5	37.4	14.2	13.6	6.7	124
20-39.....	13.7	1,639	41.4	38.1	13.3	13.9	7.9	145
40-59.....	9.3	1,530	42.9	38.4	13.2	14.2	8.0	152
60 and over.....	8.3	1,416	42.3	36.3	12.3	13.3	7.8	136
20 and over.....	31.3	1,548	42.1	37.7	13.0	13.8	7.9	145
All individuals.....	82.7	1,853	41.0	38.3	13.7	14.1	7.4	145
Black:								
Males and females:								
1-2.....	0.6	1,247	38.5	39.6	15.3	14.9	6.5	149
3-5.....	0.6	1,316	37.3	40.1	15.6	15.2	6.4	167
5 and under ‡ .....	1.4	1,211	36.6	40.8	16.0	14.7	7.1	149
Males:								
6-11.....	0.6	1,934	37.8	40.9	15.7	15.4	6.9	145
12-19.....	0.6	2,168	39.1	37.2	13.5	14.1	6.9	125
20-39.....	1.7	2,228	43.9	39.1	13.6	15.0	7.3	186
40-59.....	0.8	1,952	45.1	37.8	12.4	14.8	7.3	197
60 and over.....	0.8	1,674	45.0	38.5	12.7	14.6	8.0	221
20 and over.....	3.2	2,024	44.4	38.7	13.1	14.9	7.4	198
Females:								
6-11.....	0.8	1,915	37.8	38.0	14.5	14.1	6.5	141
12-19.....	1.2	1,865	39.1	38.3	13.6	14.5	7.3	147
20-39.....	2.1	1,779	41.2	39.4	13.8	14.7	7.8	171
40-59.....	1.4	1,367	43.2	37.1	12.4	13.8	7.9	177
60 and over.....	0.9	1,490	42.6	36.4	12.4	13.6	7.4	177
20 and over.....	4.4	1,588	42.1	38.1	13.0	14.2	7.8	174
All individuals.....	12.3	1,754	41.1	38.7	13.7	14.5	7.4	169

‡ Includes infants under 1.

Continued

Table 9.2.--Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by race, 1 day, 1989-91--continued

Race, sex, and age (years)	Total carbohydrate	Dietary fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	----- Grams -----		International units	Micrograms retinol equivalents		Milligrams alpha-tocopherol equivalents	----- Milligrams -----	
<b>White:</b>								
Males and females:								
1-2.....	132.1	6.7	3,532	627	223	3.3	72	.84
3-5.....	132.6	6.9	3,055	593	170	3.5	61	.91
5 and under ‡ .....	131.5	6.6	3,500	654	208	4.4	72	.93
Males:								
6-11.....	130.7	6.8	2,800	513	169	3.5	53	.83
12-19.....	126.7	6.4	2,523	444	159	3.5	48	.81
20-39.....	115.8	7.0	2,689	432	190	3.9	46	.77
40-59.....	113.3	7.8	3,430	534	249	4.6	47	.81
60 and over.....	123.2	9.4	5,066	772	376	4.9	64	.92
20 and over.....	116.6	7.8	3,432	537	248	4.4	50	.82
Females:								
6-11.....	132.0	7.2	2,783	504	169	3.5	51	.86
12-19.....	130.6	6.8	3,147	519	215	3.7	53	.83
20-39.....	123.3	7.5	3,525	546	258	4.3	54	.81
40-59.....	121.2	8.2	3,999	618	294	4.6	58	.84
60 and over.....	128.5	9.9	5,822	830	462	5.1	77	.91
20 and over.....	124.0	8.4	4,274	643	323	4.6	61	.84
All individuals.....	123.2	7.7	3,634	578	260	4.3	56	.84
<b>Black:</b>								
Males and females:								
1-2.....	125.5	6.5	2,409	451	137	3.2	77	.86
3-5.....	125.0	5.3	1,861	385	87	3.0	60	.84
5 and under ‡ .....	124.2	5.6	2,410	489	125	4.8	80	.91
Males:								
6-11.....	122.6	5.9	1,759	344	93	3.2	58	.92
12-19.....	129.6	7.5	2,072	449	89	3.5	38	.94
20-39.....	114.1	6.5	3,096	440	247	4.0	45	.76
40-59.....	116.4	6.8	3,977	† 697	† 252	3.4	48	.81
60 and over.....	118.5	8.7	4,635	789	301	4.0	66	.92
20 and over.....	115.8	7.1	3,690	588	262	3.8	51	.81
Females:								
6-11.....	129.6	6.8	† 4,189	† 594	† 337	4.3	56	.88
12-19.....	123.5	6.2	2,283	381	† 154	3.5	55	.80
20-39.....	119.1	6.2	2,432	407	171	3.9	54	.82
40-59.....	122.1	7.6	4,097	631	302	3.7	64	.85
60 and over.....	128.4	9.5	4,625	785	312	4.5	75	.96
20 and over.....	122.0	7.3	3,413	556	242	4.0	62	.86
All individuals.....	121.7	6.9	3,163	526	216	3.9	58	.85

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 9.2.--Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by race, 1 day, 1989-91--continued

Race, sex, and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----	
White:							
Males and females:							
1-2.....	1.33	9.4	0.94	143	2.60	684	784
3-5.....	1.28	11.1	.96	164	2.76	592	727
5 and under ‡ .....	1.36	10.8	.94	158	2.77	650	745
Males:							
6-11.....	1.15	10.3	.87	144	2.44	539	680
12-19.....	1.04	10.3	.82	130	2.53	481	663
20-39.....	.92	11.6	.85	121	2.68	387	635
40-59.....	.96	12.2	.92	134	2.97	389	646
60 and over.....	1.10	12.9	1.09	167	3.14	419	676
20 and over.....	.97	12.1	.92	135	2.87	394	647
Females:							
6-11.....	1.15	10.4	.89	147	2.50	527	689
12-19.....	1.06	10.7	.85	138	2.30	497	674
20-39.....	1.00	11.9	.90	141	2.54	429	659
40-59.....	1.01	12.6	.96	149	2.77	420	670
60 and over.....	1.09	12.7	1.11	175	2.68	443	685
20 and over.....	1.03	12.3	.97	153	2.65	430	669
All individuals.....	1.05	11.7	.93	144	2.70	451	669
Black:							
Males and females:							
1-2.....	1.17	10.7	.93	137	2.23	537	678
3-5.....	1.05	10.2	.84	127	2.02	460	613
5 and under ‡ .....	1.22	10.9	.88	139	2.32	548	651
Males:							
6-11.....	1.06	10.2	.86	129	2.10	477	658
12-19.....	1.02	13.1	.98	152	2.02	430	643
20-39.....	.85	12.0	.85	112	2.32	329	599
40-59.....	.91	12.4	.87	129	† 4.78	259	606
60 and over.....	1.11	12.3	1.01	182	† 4.40	355	641
20 and over.....	.93	12.2	.89	134	3.42	319	611
Females:							
6-11.....	1.05	11.0	.92	141	2.42	450	626
12-19.....	.89	11.1	.79	118	1.92	379	598
20-39.....	.88	11.3	.82	120	2.14	343	601
40-59.....	.90	12.9	.95	134	3.20	307	607
60 and over.....	1.12	12.1	1.01	189	3.92	401	650
20 and over.....	.93	12.0	.90	138	2.84	343	613
All individuals.....	.98	11.7	.89	136	2.74	382	620

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 9.2.--Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by race, 1 day, 1989-91--continued

Race, sex, and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Milligrams -----						
White:						
Males and females:						
1-2.....	146	8.0	5.4	0.5	1,586	1,545
3-5.....	139	8.1	5.4	.5	1,636	1,371
5 and under ‡ .....	140	9.0	5.6	.6	1,519	1,433
Males:						
6-11.....	127	7.5	5.5	.5	1,627	1,271
12-19.....	123	7.3	5.9	.5	1,695	1,241
20-39.....	130	7.1	5.8	.6	1,719	1,302
40-59.....	146	7.8	6.3	.7	1,841	1,440
60 and over.....	160	8.7	7.0	.7	1,848	1,617
20 and over.....	142	7.6	6.2	.6	1,786	1,414
Females:						
6-11.....	131	7.6	5.4	.5	1,658	1,329
12-19.....	130	7.3	5.6	.6	1,659	1,277
20-39.....	144	7.9	5.9	.6	1,618	1,426
40-59.....	160	8.0	6.3	.7	1,629	1,587
60 and over.....	168	8.7	6.4	.7	1,655	1,720
20 and over.....	155	8.2	6.1	.7	1,631	1,552
All individuals.....	144	7.9	6.0	.6	1,681	1,441
Black:						
Males and females:						
1-2.....	133	7.3	5.1	.5	1,665	1,375
3-5.....	107	6.6	4.7	.4	1,688	1,092
5 and under ‡ .....	120	8.6	5.3	.5	1,518	1,250
Males:						
6-11.....	117	6.5	5.0	.5	1,737	1,274
12-19.....	133	† 10.4	5.8	.6	1,775	1,141
20-39.....	118	6.4	6.1	.6	1,695	1,203
40-59.....	123	7.3	6.3	.6	1,819	1,329
60 and over.....	143	8.7	6.1	.8	1,889	1,464
20 and over.....	125	7.2	6.1	.7	1,773	1,298
Females:						
6-11.....	116	6.8	5.7	.5	1,682	1,210
12-19.....	117	6.1	5.2	.5	1,689	1,162
20-39.....	117	6.8	5.5	.5	1,622	1,139
40-59.....	138	7.0	5.4	.6	1,710	1,464
60 and over.....	153	9.2	6.2	.7	1,657	1,496
20 and over.....	131	7.4	5.6	.6	1,658	1,316
All individuals.....	125	7.4	5.6	.6	1,686	1,270

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: Continuing Survey of Food Intake by Individuals, 1989-91.



Table 9.3.--Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1989-91

FSP participation, sex, and age (years)	Percentage of population	Food energy in total diet	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	----- Grams -----				<i>Milligrams</i>	
Participating:								
Males and females:								
1-2.....	0.5	1,203	40.9	39.0	16.1	14.0	6.0	183
3-5.....	0.6	1,435	39.9	38.1	14.5	14.1	6.6	170
5 and under ‡ .....	1.3	1,267	38.7	39.4	15.7	13.8	6.9	168
Males:								
6-11.....	0.5	1,933	39.3	39.6	15.1	14.9	6.7	151
12-19.....	0.3	2,135	42.8	36.8	13.4	14.1	6.2	153
20-39.....	0.5	2,223	44.1	40.2	14.4	15.2	7.3	200
40-59.....	0.2	† 1,988	† 41.8	† 40.7	† 12.9	† 15.7	† 9.0	† 201
60 and over.....	0.2	† 1,596	† 42.1	† 36.3	† 13.2	† 13.6	† 6.6	† 169
20 and over.....	0.8	2,045	43.2	39.5	13.8	15.0	7.6	194
Females:								
6-11.....	0.5	1,769	38.2	38.4	14.9	14.4	6.3	143
12-19.....	0.5	1,806	38.8	39.0	14.0	14.9	7.1	134
20-39.....	1.2	1,598	42.2	38.6	13.7	14.2	7.5	183
40-59.....	0.4	1,381	43.4	39.5	13.3	15.0	8.0	169
60 and over.....	0.4	1,380	40.5	37.0	12.7	13.4	7.9	160
20 and over.....	2.0	1,512	42.1	38.4	13.4	14.2	7.7	175
All individuals.....	5.9	1,650	40.7	38.9	14.3	14.4	7.2	167
Not participating:								
Males and females:								
1-2.....	0.4	1,177	40.3	38.5	15.9	14.1	5.6	176
3-5.....	0.6	1,419	39.2	36.9	14.8	13.6	5.8	152
5 and under ‡ .....	1.1	1,262	38.5	38.3	15.7	13.5	6.3	155
Males:								
6-11.....	0.6	1,749	38.4	36.6	14.2	13.5	6.1	127
12-19.....	0.6	2,325	37.7	37.8	14.0	14.4	6.4	143
20-39.....	1.2	2,345	40.8	38.5	13.4	14.6	7.4	169
40-59.....	0.6	1,995	42.7	39.0	13.2	14.8	7.8	180
60 and over.....	0.8	1,646	42.2	38.1	13.1	14.6	7.3	184
20 and over.....	2.6	2,041	41.7	38.5	13.3	14.7	7.5	176
Females:								
6-11.....	0.6	1,731	36.5	37.8	14.3	13.9	6.6	152
12-19.....	0.6	1,784	36.8	38.5	14.1	14.4	7.0	153
20-39.....	1.4	1,708	40.3	38.1	13.4	14.2	7.6	154
40-59.....	0.9	1,404	40.9	37.0	12.8	13.6	7.5	164
60 and over.....	1.7	1,286	42.4	36.5	12.4	13.6	7.6	154
20 and over.....	3.9	1,457	41.4	37.2	12.8	13.8	7.6	156
All individuals.....	10.1	1,694	40.1	37.8	13.6	14.1	7.1	158

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 9.3.--Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1989-91--continued

FSP participation, sex, and age (years)	Total carbohydrate	Dietary fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	----- Grams -----		International units	Micrograms retinol equivalents		Milligrams alpha-tocopherol equivalents	----- Milligrams -----	
Participating:								
Males and females:								
1-2.....	124.0	6.0	3,002	562	181	3.3	64	.88
3-5.....	127.1	6.4	2,665	511	148	4.1	55	.88
5 and under ‡ .....	125.2	5.9	3,150	601	184	5.2	72	.95
Males:								
6-11.....	124.2	6.8	2,447	447	144	3.7	48	.89
12-19.....	126.0	6.7	2,339	399	152	2.9	46	.80
20-39.....	112.8	7.2	2,275	391	149	3.3	38	.81
40-59.....	† 114.6	† 7.5	† 2,834	† 537	† 157	† 3.9	† 30	† .82
60 and over.....	† 121.7	† 8.4	† 2,975	† 508	† 193	† 3.5	† 50	† .90
20 and over.....	115.0	7.5	2,543	448	159	3.5	38	.83
Females:								
6-11.....	128.6	7.0	2,499	476	148	3.6	49	.87
12-19.....	125.8	7.0	1,681	302	105	3.1	56	.81
20-39.....	121.3	6.5	2,471	420	161	3.6	52	.81
40-59.....	118.3	8.6	3,337	490	256	4.0	47	.83
60 and over.....	129.6	9.0	4,808	745	349	4.4	55	.88
20 and over.....	122.3	7.4	3,103	498	217	3.8	52	.83
All individuals.....	123.2	6.9	2,762	485	177	3.9	54	.86
Not participating:								
Males and females:								
1-2.....	126.1	6.7	† 4,283	672	† 317	3.3	78	.81
3-5.....	131.1	7.0	3,426	574	234	3.6	67	.87
5 and under ‡ .....	128.3	6.5	3,993	671	† 276	4.6	81	.90
Males:								
6-11.....	132.1	7.1	2,238	398	141	3.6	52	.84
12-19.....	129.0	7.3	1,981	365	116	3.6	49	.79
20-39.....	120.2	7.4	2,730	444	188	3.7	43	.75
40-59.....	117.2	7.7	2,694	414	198	3.5	39	.77
60 and over.....	121.6	8.7	4,630	738	331	4.3	53	.95
20 and over.....	120.0	7.9	3,331	532	236	3.9	45	.82
Females:								
6-11.....	132.2	7.3	2,843	467	† 197	3.7	47	.82
12-19.....	128.2	6.6	1,990	367	116	3.2	43	.75
20-39.....	124.2	7.4	3,396	506	259	3.7	50	.79
40-59.....	124.8	7.5	3,353	558	228	3.8	53	.79
60 and over.....	128.4	9.3	5,067	792	375	4.8	68	.96
20 and over.....	126.2	8.3	4,120	643	303	4.2	58	.86
All individuals.....	125.8	7.7	3,452	558	244	4.0	55	.84

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 9.3.--Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1989-91--continued

FSP participation, sex, and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----	
Participating:							
Males and females:							
1-2.....	1.30	10.4	0.92	142	2.66	642	767
3-5.....	1.18	11.2	.95	150	2.43	521	693
5 and under ‡ .....	1.33	11.4	.92	150	2.64	607	719
Males:							
6-11.....	1.12	10.4	.88	136	2.38	511	692
12-19.....	.99	11.6	.89	129	2.33	412	639
20-39.....	.94	11.2	.82	124	2.64	389	650
40-59.....	† .90	† 11.4	† .80	† 128	† 2.82	† 304	† 585
60 and over.....	† 1.14	† 12.3	† 1.05	† 156	† 2.22	† 462	† 675
20 and over.....	.97	11.5	.86	131	2.60	383	640
Females:							
6-11.....	1.11	10.5	.87	148	2.38	505	684
12-19.....	.88	10.4	.77	123	1.99	386	618
20-39.....	.93	11.2	.84	124	2.48	376	633
40-59.....	.90	12.0	.89	135	2.17	371	643
60 and over.....	1.07	12.0	1.01	159	3.09	415	639
20 and over.....	.95	11.5	.88	133	2.54	383	636
All individuals.....	1.06	11.2	.88	137	2.48	455	662
Not participating:							
Males and females:							
1-2.....	1.27	9.4	.86	136	2.42	644	761
3-5.....	1.22	10.3	.87	147	2.38	582	719
5 and under ‡ .....	1.32	10.3	.86	150	2.59	637	735
Males:							
6-11.....	1.09	10.4	.85	139	2.40	512	669
12-19.....	.99	9.8	.80	133	2.38	437	626
20-39.....	.91	11.0	.81	126	2.28	378	630
40-59.....	.89	10.7	.77	129	2.40	365	626
60 and over.....	1.09	12.3	1.03	161	3.35	404	654
20 and over.....	.96	11.4	.87	138	2.65	384	637
Females:							
6-11.....	1.03	9.4	.78	135	2.30	462	640
12-19.....	.94	9.5	.76	123	2.28	422	606
20-39.....	.92	11.1	.83	129	2.43	392	627
40-59.....	.94	11.2	.87	142	2.75	383	627
60 and over.....	1.15	12.8	1.11	184	2.77	437	674
20 and over.....	1.03	11.9	.96	156	2.65	410	648
All individuals.....	1.04	11.1	.89	145	2.57	439	651

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 9.3.--Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1989-91--continued

FSP participation, sex, and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Milligrams -----						
Participating:						
Males and females:						
1-2.....	140	7.3	5.3	0.5	1,705	1,449
3-5.....	129	7.9	5.6	.5	1,720	1,273
5 and under ‡ .....	132	9.3	5.7	.6	1,561	1,349
Males:						
6-11.....	126	6.8	5.5	.5	1,783	1,318
12-19.....	123	7.0	5.8	.5	1,800	1,261
20-39.....	127	6.8	6.5	.6	1,902	1,274
40-59.....	† 134	† 8.1	† 6.1	† .6	† 1,983	† 1,295
60 and over.....	† 154	† 7.7	† 5.6	† .7	† 2,090	† 1,671
20 and over.....	134	7.3	6.2	.6	1,957	1,356
Females:						
6-11.....	127	7.4	5.5	.5	1,806	1,260
12-19.....	117	6.8	5.6	.5	1,805	1,152
20-39.....	127	7.2	5.6	.6	1,614	1,303
40-59.....	149	7.3	6.0	.6	1,722	1,552
60 and over.....	151	8.6	6.2	.7	1,789	1,518
20 and over.....	136	7.5	5.8	.6	1,670	1,395
All individuals.....	131	7.7	5.8	.6	1,726	1,333
Not participating:						
Males and females:						
1-2.....	140	7.5	5.4	.5	1,640	1,453
3-5.....	137	7.1	5.4	.5	1,525	1,363
5 and under ‡ .....	136	8.4	5.6	.6	1,475	1,396
Males:						
6-11.....	126	7.0	5.3	.5	1,615	1,293
12-19.....	118	7.0	5.4	.5	1,761	1,181
20-39.....	125	6.9	5.6	.6	1,723	1,249
40-59.....	130	7.0	5.5	.6	1,794	1,263
60 and over.....	148	8.4	6.0	.7	1,887	1,544
20 and over.....	134	7.4	5.7	.6	1,792	1,347
Females:						
6-11.....	125	6.9	5.3	.5	1,603	1,235
12-19.....	116	6.5	5.0	.5	1,656	1,178
20-39.....	130	7.0	5.7	.6	1,612	1,312
40-59.....	142	7.3	5.7	.6	1,560	1,413
60 and over.....	160	9.1	6.3	.7	1,669	1,629
20 and over.....	146	8.0	6.0	.6	1,626	1,473
All individuals.....	136	7.6	5.7	.6	1,660	1,371

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91.

Table 9.4.—Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by poverty status, 1 day, 1989-91

Poverty status, sex, and age (years)	Percentage of population	Food energy in total diet	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	----- <i>Grams</i> -----				<i>Milligrams</i>	
Under 100% poverty:								
Males and females:								
1-2.....	0.8	1,177	40.8	39.0	16.0	14.1	5.9	189
3-5.....	0.8	1,402	40.1	37.7	14.7	13.9	6.2	171
5 and under ‡ .....	1.9	1,234	38.8	39.1	15.8	13.7	6.7	170
Males:								
6-11.....	0.7	1,865	38.1	38.7	14.7	14.5	6.6	148
12-19.....	0.7	2,226	39.7	36.5	13.5	14.0	6.2	148
20-39.....	1.1	2,268	41.6	39.2	13.6	14.9	7.5	184
40-59.....	0.5	2,069	41.9	39.5	13.1	14.9	8.3	195
60 and over.....	0.5	1,596	42.3	37.2	12.7	14.3	7.2	177
20 and over.....	2.1	2,060	41.9	38.8	13.3	14.8	7.6	185
Females:								
6-11.....	0.8	1,763	37.5	38.1	14.8	14.1	6.4	156
12-19.....	0.9	1,829	38.0	38.6	14.0	14.6	7.0	143
20-39.....	1.9	1,648	41.2	38.2	13.5	14.2	7.5	175
40-59.....	0.8	1,389	42.7	38.6	13.2	14.4	7.8	167
60 and over.....	1.2	1,298	42.1	36.2	12.3	13.4	7.6	152
20 and over.....	3.9	1,484	41.8	37.6	13.0	14.0	7.6	166
All individuals.....	11.0	1,673	40.3	38.2	13.9	14.2	7.1	166
100% poverty and over:								
Males and females:								
1-2.....	2.3	1,211	38.3	36.5	15.2	13.2	5.4	142
3-5.....	3.5	1,492	37.8	36.9	14.2	13.6	6.3	139
5 and under ‡ .....	6.3	1,330	37.2	37.5	15.0	13.3	6.4	136
Males:								
6-11.....	3.9	1,927	37.4	37.9	14.9	14.1	6.1	124
12-19.....	4.1	2,549	38.7	39.3	14.7	14.8	6.8	129
20-39.....	12.7	2,401	41.8	39.2	13.9	14.8	7.4	157
40-59.....	8.7	2,177	43.2	39.7	13.6	14.9	8.0	162
60 and over.....	5.7	1,895	43.0	37.0	12.6	13.7	7.7	162
20 and over.....	27.2	2,222	42.5	38.9	13.5	14.6	7.7	160
Females:								
6-11.....	3.4	1,867	37.3	37.3	14.3	13.8	6.3	129
12-19.....	4.0	1,759	39.0	37.3	14.0	13.7	6.8	123
20-39.....	13.0	1,665	41.2	38.5	13.5	14.1	8.0	147
40-59.....	9.0	1,526	42.5	38.3	13.1	14.1	8.0	153
60 and over.....	6.8	1,471	42.3	36.3	12.3	13.3	7.8	137
20 and over.....	28.8	1,576	41.9	37.9	13.1	13.9	7.9	146
All individuals.....	77.7	1,873	41.0	38.2	13.7	14.1	7.4	146

‡ Includes infants under 1.

Continued



Table 9.4.--Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by poverty status, 1 day, 1989-91--continued

Poverty status, sex, and age (years)	Total carbohydrate	Dietary fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	----- Grams -----		International units	Micrograms retinol equivalents		Milligrams alpha-tocopherol equivalents	----- Milligrams -----	
Under 100% poverty:								
Males and females:								
1-2.....	124.2	6.1	2,850	542	171	3.3	66	.85
3-5.....	127.9	6.6	2,663	507	153	3.7	57	.88
5 and under ‡ .....	125.8	6.1	3,150	599	189	4.9	73	.93
Males:								
6-11.....	127.5	7.0	2,346	431	139	3.7	48	.85
12-19.....	129.7	7.4	2,199	388	136	3.3	46	.79
20-39.....	117.9	7.7	2,419	401	165	3.6	42	.76
40-59.....	116.0	7.4	2,676	452	176	3.8	37	.79
60 and over.....	121.2	8.7	4,647	731	340	4.5	46	.97
20 and over.....	118.2	7.9	3,014	492	209	3.9	42	.82
Females:								
6-11.....	130.2	7.2	2,501	467	151	3.6	46	.83
12-19.....	127.0	6.9	1,896	330	122	3.1	51	.79
20-39.....	123.0	7.0	2,730	445	189	3.6	51	.79
40-59.....	121.5	8.1	3,337	496	256	4.0	48	.81
60 and over.....	129.5	9.2	5,498	856	402	4.8	60	.97
20 and over.....	124.7	7.9	3,723	584	270	4.1	53	.85
All individuals.....	124.7	7.4	3,065	517	207	4.0	53	.85
100% poverty and over:								
Males and females:								
1-2.....	133.7	6.8	3,566	625	226	3.4	76	.85
3-5.....	133.0	6.8	2,847	566	152	3.5	63	.90
5 and under ‡ .....	132.3	6.5	3,344	631	195	4.3	75	.92
Males:								
6-11.....	130.7	6.6	2,742	503	165	3.4	54	.85
12-19.....	125.7	6.4	2,557	455	160	3.6	47	.82
20-39.....	116.4	6.9	2,847	445	207	4.1	48	.78
40-59.....	113.6	7.8	3,549	555	256	4.5	48	.81
60 and over.....	123.5	9.4	5,030	779	366	4.8	66	.93
20 and over.....	117.0	7.8	3,532	551	256	4.4	52	.82
Females:								
6-11.....	132.9	7.2	3,178	532	213	3.8	54	.87
12-19.....	129.1	6.4	2,834	479	187	3.7	55	.82
20-39.....	122.8	7.5	3,418	525	254	4.3	55	.81
40-59.....	121.4	8.0	3,916	608	286	4.4	59	.83
60 and over.....	128.4	9.9	5,729	819	453	5.1	79	.91
20 and over.....	123.7	8.2	4,118	620	311	4.5	62	.84
All individuals.....	123.2	7.6	3,592	571	257	4.3	58	.84

‡ Includes infants under 1.

Continued

Table 9.4.--Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by poverty status, 1 day, 1989-91--continued

Poverty status, sex, and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----	
Under 100% poverty:							
Males and females:							
1-2.....	1.29	10.1	0.90	141	2.61	630	755
3-5.....	1.19	10.8	.93	149	2.40	540	705
5 and under ‡ .....	1.33	11.0	.90	150	2.64	616	723
Males:							
6-11.....	1.10	10.0	.85	132	2.39	503	673
12-19.....	.99	10.6	.84	132	2.43	431	635
20-39.....	.90	10.9	.81	125	2.29	376	638
40-59.....	.89	10.6	.76	132	2.44	359	614
60 and over.....	1.10	12.8	1.05	163	3.15	400	641
20 and over.....	.95	11.3	.86	136	2.53	378	633
Females:							
6-11.....	1.09	9.7	.81	138	2.42	501	675
12-19.....	.92	10.0	.77	125	2.06	407	616
20-39.....	.92	11.0	.83	127	2.49	383	632
40-59.....	.91	11.8	.88	137	2.20	368	634
60 and over.....	1.16	12.8	1.11	187	2.99	444	669
20 and over.....	.99	11.7	.93	148	2.59	399	644
All individuals.....	1.05	11.0	.88	141	2.51	448	656
100% poverty and over:							
Males and females:							
1-2.....	1.31	9.5	.96	143	2.52	668	771
3-5.....	1.24	10.9	.94	159	2.68	574	708
5 and under ‡ .....	1.32	10.6	.93	154	2.69	635	732
Males:							
6-11.....	1.14	10.5	.88	145	2.35	533	676
12-19.....	1.04	10.6	.84	132	2.46	477	659
20-39.....	.92	11.8	.87	123	2.59	379	630
40-59.....	.96	12.4	.92	133	3.22	377	644
60 and over.....	1.11	12.8	1.08	172	3.31	417	677
20 and over.....	.97	12.2	.93	137	2.95	387	644
Females:							
6-11.....	1.13	10.8	.92	149	2.48	506	669
12-19.....	1.02	10.9	.86	134	2.21	481	662
20-39.....	.97	11.7	.89	138	2.46	417	650
40-59.....	.99	12.6	.96	146	2.72	405	658
60 and over.....	1.08	12.7	1.10	176	2.76	435	681
20 and over.....	1.00	12.2	.96	150	2.62	418	660
All individuals.....	1.03	11.8	.93	143	2.69	440	662

‡ Includes infants under 1.

Continued

Table 9.4.--Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by poverty status, 1 day, 1989-91--continued

Poverty status, sex, and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Milligrams -----						
Under 100% poverty:						
Males and females:						
1-2.....	139	7.3	5.3	0.5	1,677	1,440
3-5.....	132	7.5	5.5	.5	1,653	1,304
5 and under ‡ .....	134	9.0	5.6	.6	1,523	1,362
Males:						
6-11.....	126	6.7	5.4	.5	1,719	1,305
12-19.....	122	7.1	5.6	.5	1,800	1,231
20-39.....	127	6.8	5.9	.6	1,811	1,267
40-59.....	130	7.3	5.7	.6	1,769	1,250
60 and over.....	149	8.3	6.1	.7	1,968	1,541
20 and over.....	133	7.3	5.9	.6	1,839	1,329
Females:						
6-11.....	127	7.1	5.3	.5	1,683	1,242
12-19.....	118	6.7	5.4	.5	1,758	1,182
20-39.....	129	7.0	5.6	.6	1,631	1,307
40-59.....	145	7.4	6.0	.6	1,670	1,468
60 and over.....	157	9.2	6.4	.7	1,689	1,583
20 and over.....	141	7.8	5.9	.6	1,657	1,427
All individuals.....	133	7.7	5.7	.6	1,693	1,343
100% poverty and over:						
Males and females:						
1-2.....	146	8.1	5.3	.5	1,558	1,532
3-5.....	135	7.9	5.2	.5	1,633	1,343
5 and under ‡ .....	138	8.8	5.4	.6	1,516	1,414
Males:						
6-11.....	125	7.5	5.3	.5	1,618	1,269
12-19.....	124	7.2	5.8	.5	1,684	1,235
20-39.....	130	7.1	5.9	.6	1,711	1,308
40-59.....	145	7.8	6.3	.7	1,847	1,442
60 and over.....	160	8.9	7.0	.7	1,856	1,605
20 and over.....	141	7.7	6.3	.6	1,786	1,414
Females:						
6-11.....	128	7.5	5.5	.5	1,628	1,319
12-19.....	127	6.9	5.5	.6	1,652	1,267
20-39.....	141	7.7	5.8	.6	1,620	1,408
40-59.....	156	7.9	6.1	.7	1,627	1,560
60 and over.....	168	8.7	6.4	.7	1,653	1,713
20 and over.....	152	8.0	6.0	.7	1,630	1,527
All individuals.....	142	7.8	6.0	.6	1,678	1,427

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91.

Table 9.5.--Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by income level, 1 day, 1989-91

Income level, sex, and age (years)	Percentage of population	Food energy in total diet	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	----- Grams -----				<i>Milligrams</i>	
Under 131% poverty:								
Males and females:								
1-2.....	1.0	1,191	40.6	38.8	16.0	14.0	5.8	180
3-5.....	1.2	1,427	39.6	37.5	14.6	13.8	6.2	161
5 and under ‡ .....	2.4	1,264	38.6	38.9	15.7	13.6	6.6	162
Males:								
6-11.....	1.1	1,835	38.8	38.0	14.6	14.2	6.4	139
12-19.....	1.0	2,257	39.5	37.4	13.8	14.3	6.3	146
20-39.....	1.6	2,311	41.7	39.0	13.6	14.8	7.4	178
40-59.....	0.8	1,993	42.5	39.4	13.1	15.0	8.1	185
60 and over.....	1.0	1,638	42.2	37.8	13.1	14.5	7.2	182
20 and over.....	3.4	2,042	42.0	38.7	13.4	14.7	7.5	181
Females:								
6-11.....	1.1	1,748	37.3	38.1	14.6	14.1	6.5	148
12-19.....	1.2	1,794	37.7	38.7	14.1	14.6	7.0	144
20-39.....	2.5	1,657	41.2	38.3	13.5	14.2	7.5	167
40-59.....	1.2	1,397	41.7	37.7	13.0	14.1	7.6	165
60 and over.....	2.1	1,303	42.1	36.6	12.4	13.6	7.7	155
20 and over.....	5.9	1,475	41.6	37.6	13.0	14.0	7.6	163
All individuals.....	16.0	1,678	40.3	38.2	13.8	14.2	7.1	161
131-350% poverty:								
Males and females:								
1-2.....	1.2	1,258	36.5	36.7	15.3	13.4	5.4	140
3-5.....	2.1	1,465	38.1	36.9	14.2	13.7	6.3	133
5 and under ‡ .....	3.6	1,330	36.8	37.6	15.1	13.5	6.3	134
Males:								
6-11.....	2.3	1,962	37.5	38.2	14.8	14.2	6.4	125
12-19.....	2.1	2,483	38.9	39.4	14.8	14.9	6.8	133
20-39.....	5.8	2,349	41.4	38.6	13.7	14.7	7.1	158
40-59.....	2.7	2,230	42.8	41.2	14.4	15.7	7.9	174
60 and over.....	2.7	1,895	42.5	37.2	12.8	13.8	7.7	168
20 and over.....	11.1	2,210	42.0	38.9	13.6	14.7	7.4	165
Females:								
6-11.....	2.1	1,912	37.1	37.4	14.4	13.8	6.4	124
12-19.....	2.1	1,761	39.6	38.0	14.2	14.0	6.9	132
20-39.....	6.0	1,680	40.4	38.4	13.5	14.1	7.8	151
40-59.....	3.0	1,518	41.9	38.3	13.5	14.2	7.5	156
60 and over.....	3.4	1,485	42.3	36.0	12.4	13.2	7.6	139
20 and over.....	12.5	1,587	41.3	37.7	13.2	13.9	7.7	149
All individuals.....	35.8	1,860	40.3	38.2	13.8	14.2	7.2	147

‡ Includes infants under 1.

Continued

Table 9.5.--Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by income level, 1 day, 1989-91--continued

Income level, sex, and age (years)	Percentage of population	Food energy in total diet	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	<i>----- Grams -----</i>					<i>Milligrams</i>
Over 350% poverty:								
Males and females:								
1-2.....	0.8	† 1,134	† 40.4	† 35.8	† 14.9	† 12.8	† 5.4	† 145
3-5.....	1.1	1,543	37.1	36.8	14.0	13.6	6.3	151
5 and under ‡ .....	2.1	1,322	37.7	36.9	14.7	12.9	6.4	142
Males:								
6-11.....	1.2	1,904	36.2	37.8	15.1	14.2	5.8	122
12-19.....	1.7	2,668	38.3	39.2	14.6	14.7	6.9	120
20-39.....	6.4	2,448	42.2	39.9	14.1	14.9	7.7	155
40-59.....	5.8	2,168	43.3	39.0	13.2	14.6	8.1	156
60 and over.....	2.6	1,936	43.8	36.6	12.3	13.4	8.0	152
20 and over.....	14.8	2,250	42.9	39.0	13.5	14.5	7.9	155
Females:								
6-11.....	1.0	† 1,820	† 37.8	† 36.9	† 14.1	† 13.7	† 6.2	† 140
12-19.....	1.7	1,770	38.5	36.1	13.7	13.1	6.6	109
20-39.....	6.3	1,649	41.9	38.6	13.4	14.0	8.2	142
40-59.....	5.6	1,540	43.1	38.4	13.0	14.1	8.3	151
60 and over.....	2.5	1,509	42.4	36.5	12.2	13.3	8.1	126
20 and over.....	14.4	1,583	42.4	38.2	13.0	13.9	8.2	143
All individuals.....	36.9	1,910	41.6	38.3	13.5	14.1	7.7	144

† See "Statistical notes."

‡ Includes infants under 1.

Continued



Table 9.5.—Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by income level, 1 day, 1989-91--continued

Income level, sex, and age (years)	Total carbohydrate	Dietary fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	----- Grams -----		International units	Micrograms retinol equivalents		Milligrams alpha-tocopherol equivalents	----- Milligrams -----	
<b>Under 131% poverty:</b>								
Males and females:								
1-2.....	124.9	6.3	3,572	611	† 242	3.3	70	.85
3-5.....	129.1	6.7	3,041	542	190	3.8	61	.88
5 and under ‡ .....	126.6	6.2	3,539	633	227	4.9	76	.93
Males:								
6-11.....	128.4	6.9	2,336	421	142	3.6	50	.86
12-19.....	128.0	7.1	2,109	377	129	3.3	48	.80
20-39.....	118.1	7.4	2,602	429	177	3.6	42	.77
40-59.....	116.6	7.6	2,728	444	188	3.6	36	.78
60 and over.....	121.7	8.7	4,368	702	309	4.1	53	.94
20 and over.....	118.8	7.8	3,145	512	218	3.8	44	.82
Females:								
6-11.....	130.6	7.2	2,684	471	175	3.7	48	.84
12-19.....	127.1	6.8	1,852	338	111	3.2	49	.78
20-39.....	122.9	7.0	2,966	466	214	3.7	51	.80
40-59.....	122.8	7.9	3,348	537	237	3.8	51	.80
60 and over.....	128.7	9.3	5,020	784	370	4.7	65	.94
20 and over.....	124.9	8.0	3,783	595	275	4.1	56	.85
All individuals.....	124.9	7.4	3,196	531	219	4.0	54	.85
<b>131-350% poverty:</b>								
Males and females:								
1-2.....	134.8	6.3	2,987	559	175	3.3	72	.84
3-5.....	132.5	6.7	2,532	540	115	3.4	62	.91
5 and under ‡ .....	132.2	6.3	3,006	596	162	4.2	73	.90
Males:								
6-11.....	129.8	6.8	3,024	533	194	3.4	55	.86
12-19.....	125.1	6.5	2,336	444	131	3.5	45	.85
20-39.....	118.1	6.8	2,694	416	200	3.5	46	.77
40-59.....	112.3	7.1	3,686	556	277	3.9	46	.78
60 and over.....	125.1	9.1	4,722	779	320	4.6	64	.94
20 and over.....	118.4	7.5	3,423	537	247	3.9	50	.81
Females:								
6-11.....	132.6	6.8	3,167	529	† 214	3.5	54	.88
12-19.....	127.6	6.4	2,950	504	193	3.9	52	.85
20-39.....	124.4	7.4	3,234	502	240	4.2	54	.81
40-59.....	123.0	7.7	3,455	560	239	4.1	55	.85
60 and over.....	129.6	9.5	5,284	778	405	4.9	76	.92
20 and over.....	125.5	8.0	3,853	592	285	4.4	60	.85
All individuals.....	124.8	7.3	3,398	554	237	4.0	56	.85

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 9.5.--Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by income level, 1 day, 1989-91--continued

Income level, sex, and age (years)	Total carbohydrate	Dietary fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	----- Grams -----		International units	Micrograms retinol equivalents		Milligrams alpha-tocopherol equivalents	----- Milligrams -----	
Over 350% poverty:								
Males and females:								
1-2.....	† 133.4	† 7.5	† 3,748	† 660	† 233	† 3.5	† 78	† .85
3-5.....	134.0	7.0	3,089	594	180	3.6	62	.90
5 and under ‡ .....	133.3	7.0	3,532	660	210	4.4	75	.95
Males:								
6-11.....	132.4	6.3	2,340	477	115	3.5	53	.81
12-19.....	126.8	6.2	2,946	486	206	3.8	49	.78
20-39.....	114.8	7.1	2,970	467	214	4.6	51	.80
40-59.....	114.1	8.1	3,520	560	249	4.9	50	.83
60 and over.....	122.2	9.9	5,535	800	431	5.3	70	.93
20 and over.....	115.8	8.0	3,628	561	265	4.8	54	.83
Females:								
6-11.....	† 133.9	† 8.0	† 3,220	† 557	† 206	† 4.3	† 56	† .87
12-19.....	131.1	6.5	2,853	465	197	3.5	60	.80
20-39.....	121.2	7.6	3,571	547	264	4.6	57	.81
40-59.....	120.2	8.2	4,203	632	318	4.7	61	.83
60 and over.....	126.9	10.6	6,843	925	566	5.4	86	.89
20 and over.....	121.8	8.4	4,378	645	337	4.8	63	.83
All individuals.....	121.4	7.9	3,794	589	278	4.6	59	.83

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 9.5.--Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by income level, 1 day, 1989-91--continued

Income level, sex, and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----	
Under 131% poverty:							
Males and females:							
1-2.....	1.29	10.0	0.89	140	2.56	643	764
3-5.....	1.20	10.8	.91	148	2.40	551	706
5 and under ‡ .....	1.32	10.9	.89	150	2.62	621	726
Males:							
6-11.....	1.10	10.4	.86	137	2.39	512	680
12-19.....	.99	10.5	.83	132	2.36	428	631
20-39.....	.92	11.0	.81	125	2.38	381	635
40-59.....	.89	10.9	.78	129	2.50	350	616
60 and over.....	1.10	12.3	1.03	160	3.17	413	657
20 and over.....	.96	11.4	.87	136	2.64	383	637
Females:							
6-11.....	1.07	9.9	.82	141	2.34	482	661
12-19.....	.92	9.9	.76	123	2.15	406	611
20-39.....	.93	11.2	.83	127	2.45	384	630
40-59.....	.93	11.5	.88	140	2.57	380	632
60 and over.....	1.14	12.7	1.09	180	2.82	433	668
20 and over.....	1.00	11.8	.93	149	2.61	401	644
All individuals.....	1.05	11.1	.88	142	2.54	445	655
131-350% poverty:							
Males and females:							
1-2.....	1.27	9.3	.93	135	2.42	642	741
3-5.....	1.23	11.0	.95	158	2.39	575	712
5 and under ‡ .....	1.30	10.5	.92	149	2.47	627	724
Males:							
6-11.....	1.14	10.4	.87	141	2.37	529	674
12-19.....	1.06	10.8	.86	135	2.44	475	661
20-39.....	.87	11.5	.84	116	2.36	352	611
40-59.....	.94	11.3	.90	127	2.67	376	639
60 and over.....	1.14	12.6	1.04	169	3.51	423	676
20 and over.....	.95	11.7	.90	131	2.71	375	634
Females:							
6-11.....	1.13	10.6	.91	147	2.38	517	673
12-19.....	1.02	11.3	.88	135	2.30	472	664
20-39.....	.97	11.4	.86	136	2.30	404	637
40-59.....	1.00	12.2	.94	138	2.88	407	651
60 and over.....	1.09	12.6	1.06	169	2.86	454	688
20 and over.....	1.01	11.9	.93	146	2.59	418	655
All individuals.....	1.04	11.4	.91	140	2.56	446	658

‡ Includes infants under 1.

Continued

Table 9.5.--Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by income level, 1 day, 1989-91--continued

Income level, sex, and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----	
Over 350% poverty:							
Males and females:							
1-2.....	† 1.36	† 9.8	† 1.03	† 156	† 2.70	† 699	† 808
3-5.....	1.26	10.7	.94	164	3.30	571	701
5 and under ‡ .....	1.37	10.9	.97	164	3.10	646	744
Males:							
6-11.....	1.15	10.5	.88	152	2.32	543	675
12-19.....	1.01	10.5	.82	128	2.54	488	664
20-39.....	.96	12.1	.91	130	2.79	402	647
40-59.....	.97	12.9	.94	136	3.51	380	648
60 and over.....	1.08	13.2	1.13	177	3.13	409	678
20 and over.....	.99	12.6	.96	141	3.13	395	653
Females:							
6-11.....	† 1.17	† 11.3	† .96	† 154	† 2.81	† 505	† 673
12-19.....	1.03	10.5	.84	135	2.05	504	669
20-39.....	.99	12.1	.92	142	2.64	433	664
40-59.....	.98	12.9	.98	150	2.59	404	665
60 and over.....	1.06	12.9	1.18	189	2.69	415	677
20 and over.....	1.00	12.6	.99	153	2.63	418	666
All individuals.....	1.03	12.2	.96	147	2.82	436	666

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 9.5.--Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by income level, 1 day, 1989-91--continued

Income level, sex, and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Milligrams -----						
Under 131% poverty:						
Males and females:						
1-2.....	140	7.4	5.4	0.5	1,676	1,451
3-5.....	133	7.5	5.5	.5	1,624	1,318
5 and under ‡ .....	134	8.9	5.7	.6	1,522	1,370
Males:						
6-11.....	126	6.9	5.4	.5	1,694	1,305
12-19.....	120	7.0	5.6	.5	1,775	1,210
20-39.....	126	6.9	5.8	.6	1,773	1,256
40-59.....	131	7.3	5.6	.6	1,840	1,271
60 and over.....	149	8.3	5.9	.7	1,919	1,564
20 and over.....	134	7.4	5.8	.6	1,831	1,349
Females:						
6-11.....	126	7.1	5.4	.5	1,697	1,246
12-19.....	116	6.6	5.3	.5	1,722	1,167
20-39.....	129	7.1	5.6	.6	1,613	1,308
40-59.....	144	7.3	5.8	.6	1,611	1,457
60 and over.....	159	9.0	6.3	.7	1,691	1,609
20 and over.....	143	7.8	5.9	.6	1,640	1,447
All individuals.....	134	7.6	5.7	.6	1,685	1,357
131-350% poverty:						
Males and females:						
1-2.....	141	7.5	5.1	.5	1,538	1,512
3-5.....	133	7.7	5.1	.5	1,655	1,329
5 and under ‡ .....	134	8.3	5.2	.5	1,524	1,396
Males:						
6-11.....	125	7.5	5.4	.5	1,636	1,297
12-19.....	124	7.3	5.8	.5	1,695	1,218
20-39.....	125	6.7	5.7	.6	1,739	1,272
40-59.....	137	7.2	6.4	.6	1,872	1,422
60 and over.....	154	8.8	6.3	.7	1,851	1,557
20 and over.....	135	7.3	6.0	.6	1,798	1,377
Females:						
6-11.....	127	7.1	5.3	.5	1,622	1,302
12-19.....	125	7.2	5.8	.6	1,714	1,236
20-39.....	137	7.6	5.7	.6	1,638	1,385
40-59.....	153	7.8	6.2	.7	1,632	1,553
60 and over.....	167	8.6	6.2	.7	1,679	1,680
20 and over.....	149	7.9	6.0	.7	1,648	1,507
All individuals.....	138	7.6	5.8	.6	1,686	1,397

‡ Includes infants under 1.

Continued



Table 9.5.--Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by income level, 1 day, 1989-91--continued

Income level, sex, and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Milligrams -----						
Over 350% poverty:						
Males and females:						
1-2.....	† 154	† 8.9	† 5.6	† 0.6	† 1,562	† 1,570
3-5.....	138	8.4	5.3	.5	1,617	1,366
5 and under ‡ .....	144	9.7	5.6	.6	1,500	1,448
Males:						
6-11.....	126	7.5	5.1	.5	1,577	1,207
12-19.....	125	7.2	5.9	.5	1,665	1,270
20-39.....	134	7.4	6.1	.6	1,689	1,347
40-59.....	150	8.1	6.3	.7	1,830	1,458
60 and over.....	169	9.1	8.1	.8	1,860	1,659
20 and over.....	146	7.9	6.6	.7	1,774	1,444
Females:						
6-11.....	† 131	† 8.5	† 5.8	† .6	† 1,606	† 1,377
12-19.....	132	6.6	5.3	.6	1,585	1,327
20-39.....	146	7.9	5.8	.6	1,609	1,439
40-59.....	159	8.0	6.1	.7	1,634	1,573
60 and over.....	172	9.0	6.8	.8	1,603	1,782
20 and over.....	155	8.1	6.1	.7	1,618	1,550
All individuals.....	147	8.0	6.2	.6	1,673	1,463

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91.

Table 9.6.--Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by region, 1 day, 1989-91

Region, sex, and age (years)	Percentage of population	Food energy in total diet	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	----- Grams -----				<i>Milligrams</i>	
Northeast:								
Males and females:								
1-2.....	0.6	1,359	39.1	36.6	16.1	13.0	4.8	148
3-5.....	1.0	1,575	38.7	37.9	15.2	13.9	6.1	125
5 and under ‡ .....	1.8	1,414	37.7	38.2	16.0	13.2	6.2	128
Males:								
6-11.....	0.8	1,932	37.1	36.2	13.6	13.4	6.4	126
12-19.....	1.2	2,581	39.4	37.2	13.8	13.8	6.7	129
20-39.....	3.3	2,418	43.0	38.4	13.8	14.4	7.1	154
40-59.....	2.3	2,234	41.9	40.4	13.8	15.1	8.3	156
60 and over.....	1.3	1,944	42.9	37.2	12.7	13.6	7.9	145
20 and over.....	6.9	2,267	42.6	38.8	13.6	14.5	7.6	153
Females:								
6-11.....	1.0	1,885	36.0	36.3	13.7	13.3	6.5	116
12-19.....	1.0	1,835	38.4	38.2	14.1	13.7	7.6	124
20-39.....	3.7	1,713	42.1	38.2	13.4	13.7	8.1	156
40-59.....	2.3	1,577	42.5	37.3	12.6	13.9	7.8	152
60 and over.....	2.1	1,491	43.1	36.8	12.6	13.3	7.9	143
20 and over.....	8.0	1,617	42.5	37.6	12.9	13.6	8.0	152
All individuals.....	20.7	1,908	41.2	37.9	13.6	13.9	7.5	145
Midwest:								
Males and females:								
1-2.....	0.9	1,149	40.3	39.2	16.6	14.1	5.6	168
3-5.....	1.1	1,409	39.2	36.7	14.7	13.5	5.8	144
5 and under ‡ .....	2.3	1,240	38.5	38.6	15.9	13.5	6.3	146
Males:								
6-11.....	1.3	1,979	37.7	39.7	16.0	14.8	6.0	126
12-19.....	1.4	2,257	38.9	39.5	14.7	15.0	6.9	127
20-39.....	4.0	2,586	42.1	41.0	15.1	15.5	7.1	156
40-59.....	2.7	2,148	43.5	41.1	14.0	15.6	8.2	162
60 and over.....	1.4	1,887	42.4	39.1	13.1	14.7	8.3	167
20 and over.....	8.1	2,316	42.6	40.7	14.4	15.4	7.6	160
Females:								
6-11.....	1.1	1,871	38.5	38.4	15.2	14.2	6.1	139
12-19.....	1.2	1,827	38.6	38.0	14.3	14.2	6.7	127
20-39.....	4.4	1,665	40.9	39.6	14.1	14.4	8.0	139
40-59.....	2.8	1,506	43.5	38.1	13.2	14.0	7.8	153
60 and over.....	1.9	1,396	43.3	37.0	12.7	13.7	7.7	138
20 and over.....	9.1	1,561	42.2	38.6	13.5	14.1	7.9	143
All individuals.....	24.5	1,871	41.2	39.3	14.4	14.6	7.4	146

‡ Includes infants under 1.

Continued

Table 9.6.--Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by region, 1 day, 1989-91--continued

Region, sex, and age (years)	Percentage of population	Food energy in total diet	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	<i>----- Grams -----</i>				<i>Milligrams</i>	
South:								
Males and females:								
1-2.....	1.1	1,153	38.0	37.2	15.0	13.6	5.9	159
3-5.....	1.6	1,464	38.0	37.5	14.2	14.1	6.4	135
5 and under ‡ .....	3.0	1,292	37.0	38.1	14.8	13.8	6.6	141
Males:								
6-11.....	1.7	1,882	37.6	38.7	14.6	14.7	6.5	131
12-19.....	1.8	2,558	39.5	39.3	14.9	15.1	6.4	131
20-39.....	5.2	2,389	41.0	38.9	13.4	14.9	7.4	153
40-59.....	3.4	2,157	42.2	39.2	13.5	14.9	7.7	161
60 and over.....	2.7	1,803	43.9	37.5	12.9	14.1	7.5	175
20 and over.....	11.3	2,180	42.1	38.7	13.3	14.7	7.5	161
Females:								
6-11.....	1.5	1,806	36.6	37.9	14.3	14.3	6.4	134
12-19.....	2.3	1,710	38.7	37.0	13.7	13.7	6.6	129
20-39.....	5.4	1,617	40.6	36.9	12.8	13.7	7.4	149
40-59.....	4.0	1,453	42.2	38.0	12.9	14.1	8.0	158
60 and over.....	3.6	1,405	41.9	35.7	12.2	13.1	7.6	136
20 and over.....	13.0	1,508	41.5	36.9	12.7	13.7	7.6	148
All individuals.....	34.6	1,807	40.6	37.8	13.4	14.2	7.3	148
West:								
Males and females:								
1-2.....	0.7	1,175	39.5	34.6	14.5	12.4	5.1	134
3-5.....	1.1	1,430	37.9	35.9	13.8	13.1	6.2	176
5 and under ‡ .....	1.9	1,270	37.8	36.4	14.6	12.7	6.3	158
Males:								
6-11.....	1.1	1,770	37.7	36.3	14.6	13.2	5.7	130
12-19.....	1.0	2,420	37.5	37.6	14.2	13.7	6.7	132
20-39.....	3.3	2,223	41.9	38.1	13.1	14.2	7.8	166
40-59.....	2.0	2,074	44.4	38.5	13.3	14.1	8.0	177
60 and over.....	1.6	1,848	42.5	35.1	11.9	12.7	7.5	167
20 and over.....	6.9	2,093	42.7	37.5	12.9	13.8	7.8	170
Females:								
6-11.....	0.9	1,772	40.4	37.3	14.5	13.7	6.3	161
12-19.....	1.1	1,664	38.4	37.5	14.3	13.7	6.7	135
20-39.....	3.3	1,650	42.4	38.5	13.2	14.1	8.1	159
40-59.....	2.2	1,523	44.4	39.2	13.5	14.2	8.3	159
60 and over.....	1.9	1,469	41.9	36.1	12.0	13.2	8.0	149
20 and over.....	7.4	1,566	42.9	38.1	13.0	13.9	8.1	157
All individuals.....	20.3	1,784	41.4	37.5	13.4	13.7	7.5	158

‡ Includes infants under 1.

Continued

Table 9.6.--Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by region, 1 day, 1989-91--continued

Region, sex, and age (years)	Total carbohydrate	Dietary fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	----- Grams -----		International units	Micrograms retinol equivalents		Milligrams alpha-tocopherol equivalents	----- Milligrams -----	
<b>Northeast:</b>								
Males and females:								
1-2.....	132.1	6.0	2,901	568	154	3.0	72	.90
3-5.....	129.2	6.2	2,576	493	148	3.5	65	.87
5 and under ‡ .....	129.7	6.0	3,118	587	185	4.5	76	.94
Males:								
6-11.....	134.3	6.9	2,442	437	152	3.2	71	.86
12-19.....	129.0	6.5	2,754	487	177	3.7	50	.92
20-39.....	115.9	7.0	3,257	487	246	4.0	47	.83
40-59.....	112.3	7.6	4,049	589	315	4.9	48	.81
60 and over.....	123.5	8.8	4,738	696	363	4.6	66	.92
20 and over.....	116.1	7.5	3,801	560	291	4.4	51	.84
Females:								
6-11.....	136.3	7.2	† 4,075	621	† 303	3.9	55	.93
12-19.....	124.6	6.8	2,868	524	169	4.6	65	.88
20-39.....	121.2	7.2	3,682	547	282	4.3	55	.83
40-59.....	122.8	8.2	4,959	749	371	4.6	69	.86
60 and over.....	126.7	9.4	5,442	777	430	4.6	77	.88
20 and over.....	123.1	8.1	4,501	664	346	4.5	65	.85
All individuals.....	122.8	7.5	3,872	595	286	4.4	60	.86
<b>Midwest:</b>								
Males and females:								
1-2.....	125.2	6.0	3,190	612	174	3.6	67	.86
3-5.....	131.7	6.6	2,984	607	153	3.3	56	.93
5 and under ‡ .....	128.2	6.1	3,327	663	175	4.7	73	.96
Males:								
6-11.....	126.3	6.6	2,510	492	132	3.2	43	.86
12-19.....	125.6	6.5	2,154	412	119	3.6	45	.75
20-39.....	112.1	6.8	2,615	460	166	3.6	44	.76
40-59.....	113.0	7.6	3,011	496	205	4.0	43	.80
60 and over.....	118.4	8.9	4,463	730	306	5.2	64	.94
20 and over.....	113.5	7.4	3,073	520	204	4.0	47	.80
Females:								
6-11.....	128.9	7.1	3,178	562	199	3.9	49	.88
12-19.....	129.1	6.5	2,535	455	156	3.3	48	.79
20-39.....	121.2	7.3	3,001	502	205	4.2	45	.77
40-59.....	121.5	8.4	3,489	562	244	4.5	51	.84
60 and over.....	126.1	9.3	4,410	681	327	4.6	74	.89
20 and over.....	122.3	8.0	3,442	557	242	4.3	53	.82
All individuals.....	121.0	7.4	3,129	538	204	4.1	52	.83

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 9.6.—Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by region, 1 day, 1989-91--continued

Region, sex, and age (years)	Total carbohydrate	Dietary fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	----- Grams -----		International units	Micrograms retinol ----- equivalents -----		Milligrams alpha-tocopherol equivalents	----- Milligrams -----	
<b>South:</b>								
Males and females:								
1-2.....	132.2	7.0	2,996	530	198	3.4	75	.83
3-5.....	130.9	6.6	2,598	510	143	3.4	59	.88
5 and under ‡ .....	130.7	6.4	3,000	567	181	4.4	72	.89
Males:								
6-11.....	128.0	5.8	2,155	414	118	3.6	50	.81
12-19.....	124.5	6.4	2,021	382	115	3.3	40	.83
20-39.....	118.7	6.6	2,296	354	170	3.9	46	.76
40-59.....	115.5	7.6	3,114	512	212	3.8	49	.78
60 and over.....	121.9	9.2	4,916	779	350	4.7	57	.91
20 and over.....	118.5	7.5	3,164	502	226	4.1	49	.80
Females:								
6-11.....	131.8	7.2	2,325	419	145	3.4	48	.81
12-19.....	130.8	6.6	2,153	373	138	3.2	49	.83
20-39.....	126.8	7.1	3,152	496	227	4.1	58	.82
40-59.....	123.2	7.8	3,743	595	269	4.5	60	.84
60 and over.....	131.1	9.8	6,242	884	500	5.1	76	.94
20 and over.....	126.9	8.0	4,182	633	315	4.5	64	.86
All individuals.....	124.9	7.4	3,322	534	235	4.1	56	.84
<b>West:</b>								
Males and females:								
1-2.....	136.3	7.2	4,514	729	† 316	3.1	85	.83
3-5.....	135.5	7.6	3,340	628	188	3.7	71	.92
5 and under ‡ .....	134.0	7.1	3,991	710	249	4.5	83	.94
Males:								
6-11.....	135.0	8.0	3,785	633	264	3.5	61	.87
12-19.....	131.5	7.1	3,404	553	237	3.6	60	.81
20-39.....	117.2	7.7	3,079	467	230	4.7	52	.80
40-59.....	114.0	8.6	3,880	601	287	5.8	50	.87
60 and over.....	128.0	10.4	5,807	847	451	4.7	75	.94
20 and over.....	118.8	8.6	3,941	593	297	5.0	56	.85
Females:								
6-11.....	129.4	7.1	2,719	492	164	3.6	59	.86
12-19.....	130.7	7.3	† 5,013	702	† 403	3.8	59	.80
20-39.....	121.4	8.2	3,774	559	289	4.5	60	.84
40-59.....	117.1	8.5	4,400	623	349	4.4	56	.81
60 and over.....	128.5	10.9	6,347	904	501	5.6	80	.90
20 and over.....	121.9	9.0	4,616	666	361	4.8	64	.84
All individuals.....	124.0	8.3	4,155	632	310	4.6	62	.85

† See "Statistical notes."

‡ Includes infants under 1.

Continued



Table 9.6.--Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by region, 1 day, 1989-91--continued

Region, sex, and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----	
<b>Northeast:</b>							
Males and females:							
1-2.....	1.40	10.1	0.99	151	2.78	698	781
3-5.....	1.19	10.9	.87	145	† 3.28	569	690
5 and under ‡ .....	1.35	11.3	.90	149	3.09	648	721
Males:							
6-11.....	1.08	11.3	.92	151	2.22	475	638
12-19.....	1.05	11.4	.88	145	2.40	455	643
20-39.....	.92	12.3	.88	120	2.50	384	631
40-59.....	.91	12.2	.91	130	2.96	361	616
60 and over.....	1.06	13.4	1.12	158	2.70	389	654
20 and over.....	.94	12.5	.93	130	2.69	377	630
Females:							
6-11.....	1.14	10.8	.92	160	2.76	500	645
12-19.....	1.07	11.6	.91	147	2.26	509	680
20-39.....	.96	12.0	.89	134	2.55	402	638
40-59.....	1.03	13.0	.97	151	3.24	400	646
60 and over.....	1.05	12.8	1.06	161	2.70	405	658
20 and over.....	1.00	12.5	.96	146	2.78	402	645
All individuals.....	1.03	12.2	.93	142	2.71	430	648
<b>Midwest:</b>							
Males and females:							
1-2.....	1.36	9.6	.95	138	2.56	697	791
3-5.....	1.31	11.3	1.02	165	2.66	628	749
5 and under ‡ .....	1.42	11.0	.97	158	2.75	683	759
Males:							
6-11.....	1.18	10.0	.82	141	2.55	592	706
12-19.....	1.04	10.2	.79	121	2.57	497	678
20-39.....	.97	11.4	.86	118	3.16	425	655
40-59.....	.96	12.1	.90	124	2.97	389	654
60 and over.....	1.11	12.8	1.07	168	2.91	411	659
20 and over.....	.99	11.9	.91	129	3.05	410	656
Females:							
6-11.....	1.22	11.2	.95	148	2.50	551	700
12-19.....	1.05	10.6	.83	127	2.30	511	672
20-39.....	.99	11.5	.87	127	2.49	452	664
40-59.....	.99	13.0	.97	146	2.48	410	669
60 and over.....	1.05	12.5	1.04	157	2.67	442	681
20 and over.....	1.01	12.2	.93	139	2.52	437	669
All individuals.....	1.06	11.6	.91	136	2.71	472	677

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 9.6.--Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by region, 1 day, 1989-91--continued

Region, sex, and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----	
<b>South:</b>							
Males and females:							
1-2.....	1.25	9.6	0.93	147	2.42	623	739
3-5.....	1.20	11.0	.92	149	2.25	542	694
5 and under ‡ .....	1.27	10.6	.91	150	2.41	598	712
Males:							
6-11.....	1.11	10.2	.85	131	2.38	507	665
12-19.....	1.03	10.9	.83	129	2.49	468	658
20-39.....	.85	11.5	.83	119	2.44	343	609
40-59.....	.91	11.7	.85	130	2.98	360	627
60 and over.....	1.12	12.5	1.03	177	3.83	419	682
20 and over.....	.93	11.8	.88	136	2.93	366	632
Females:							
6-11.....	1.03	10.2	.84	135	2.27	467	653
12-19.....	.93	10.9	.83	130	2.08	396	622
20-39.....	.94	11.8	.88	141	2.38	388	633
40-59.....	.99	12.2	.95	148	2.83	396	659
60 and over.....	1.14	12.7	1.11	192	2.84	458	691
20 and over.....	1.01	12.2	.96	157	2.64	410	657
All individuals.....	1.01	11.6	.91	144	2.64	421	651
<b>West:</b>							
Males and females:							
1-2.....	1.31	9.0	.92	134	2.60	696	797
3-5.....	1.27	10.4	.97	178	2.57	565	714
5 and under ‡ .....	1.36	10.3	.94	164	2.70	646	746
Males:							
6-11.....	1.15	10.6	.92	158	2.25	516	681
12-19.....	1.03	10.1	.90	147	2.30	478	666
20-39.....	.94	12.1	.90	134	2.45	379	632
40-59.....	1.05	12.9	1.05	155	3.60	408	681
60 and over.....	1.09	13.1	1.10	167	3.05	406	673
20 and over.....	1.01	12.6	.99	148	2.93	394	656
Females:							
6-11.....	1.14	9.9	.89	145	2.42	540	716
12-19.....	1.07	9.8	.80	142	2.25	521	679
20-39.....	1.01	11.6	.94	153	2.50	424	673
40-59.....	.97	12.4	.98	143	3.02	420	678
60 and over.....	1.09	12.7	1.17	183	2.89	434	689
20 and over.....	1.02	12.1	1.01	158	2.75	425	679
All individuals.....	1.06	11.7	.97	153	2.71	454	679

‡ Includes infants under 1.

Continued

Table 9.6.--Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by region, 1 day, 1989-91--continued

Region, sex, and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Milligrams -----						
Northeast:						
Males and females:						
1-2.....	142	7.2	5.0	0.5	1,440	1,544
3-5.....	136	7.3	4.9	.5	1,542	1,353
5 and under ‡ .....	137	8.7	5.2	.6	1,392	1,428
Males:						
6-11.....	124	7.2	5.1	.5	1,688	1,288
12-19.....	124	7.6	5.9	.6	1,786	1,209
20-39.....	125	7.3	5.6	.6	1,777	1,277
40-59.....	143	7.5	6.2	.7	1,832	1,405
60 and over.....	153	8.5	6.3	.7	1,749	1,601
20 and over.....	136	7.6	5.9	.6	1,790	1,380
Females:						
6-11.....	126	7.6	5.1	.6	1,669	1,276
12-19.....	141	7.6	5.6	.6	1,770	1,345
20-39.....	137	7.4	5.5	.6	1,669	1,387
40-59.....	153	8.0	5.9	.7	1,657	1,586
60 and over.....	156	8.2	6.0	.7	1,578	1,656
20 and over.....	146	7.8	5.8	.7	1,642	1,514
All individuals.....	139	7.7	5.7	.6	1,688	1,416
Midwest:						
Males and females:						
1-2.....	141	8.2	5.6	.5	1,594	1,487
3-5.....	136	8.6	5.9	.5	1,683	1,356
5 and under ‡ .....	137	9.5	6.0	.6	1,508	1,411
Males:						
6-11.....	129	7.4	5.3	.5	1,661	1,255
12-19.....	127	7.1	5.8	.5	1,643	1,258
20-39.....	132	7.1	6.0	.6	1,759	1,333
40-59.....	147	7.8	6.5	.7	1,893	1,480
60 and over.....	152	8.8	6.4	.7	1,910	1,536
20 and over.....	141	7.7	6.3	.6	1,830	1,418
Females:						
6-11.....	132	7.4	5.8	.5	1,680	1,323
12-19.....	122	6.9	5.2	.5	1,656	1,272
20-39.....	141	7.5	6.0	.6	1,585	1,370
40-59.....	163	8.1	6.3	.7	1,614	1,587
60 and over.....	162	8.4	6.4	.7	1,679	1,647
20 and over.....	152	7.9	6.2	.7	1,613	1,494
All individuals.....	142	7.8	6.1	.6	1,685	1,416

‡ Includes infants under 1.

Continued

Table 9.6.--Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, by region, 1 day, 1989-91--continued

Region, sex, and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Milligrams -----						
South:						
Males and females:						
1-2.....	145	8.1	5.2	0.5	1,600	1,520
3-5.....	130	7.5	5.3	.5	1,688	1,290
5 and under ‡ .....	134	8.5	5.4	.6	1,570	1,375
Males:						
6-11.....	115	6.7	5.6	.5	1,646	1,210
12-19.....	119	8.4	6.0	.5	1,740	1,179
20-39.....	124	6.7	5.8	.6	1,730	1,258
40-59.....	136	7.3	5.9	.6	1,857	1,359
60 and over.....	156	8.6	7.8	.8	1,860	1,566
20 and over.....	135	7.3	6.3	.6	1,799	1,361
Females:						
6-11.....	123	7.5	5.5	.5	1,677	1,263
12-19.....	122	6.9	5.7	.6	1,670	1,184
20-39.....	138	7.7	5.8	.6	1,661	1,371
40-59.....	155	7.7	6.3	.7	1,622	1,544
60 and over.....	168	9.0	6.5	.7	1,710	1,708
20 and over.....	151	8.1	6.1	.7	1,662	1,517
All individuals.....	138	7.7	6.0	.6	1,703	1,388
West:						
Males and females:						
1-2.....	149	7.1	5.3	.5	1,702	1,562
3-5.....	141	8.2	5.1	.5	1,609	1,392
5 and under ‡ .....	143	8.9	5.4	.6	1,531	1,453
Males:						
6-11.....	136	8.2	5.2	.6	1,568	1,367
12-19.....	129	7.3	5.6	.6	1,669	1,312
20-39.....	139	7.4	6.0	.6	1,625	1,329
40-59.....	155	8.5	6.6	.7	1,745	1,520
60 and over.....	172	9.2	6.3	.8	1,897	1,696
20 and over.....	151	8.1	6.2	.7	1,723	1,469
Females:						
6-11.....	135	6.9	5.3	.5	1,584	1,382
12-19.....	131	6.8	5.4	.6	1,570	1,300
20-39.....	145	8.2	5.9	.6	1,554	1,450
40-59.....	156	7.8	6.1	.7	1,743	1,601
60 and over.....	179	9.3	6.6	.8	1,629	1,767
20 and over.....	157	8.4	6.2	.7	1,630	1,575
All individuals.....	149	8.1	5.9	.6	1,645	1,480

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91.

Table 10.1.--Nutrient intakes as percentages of 1989 Recommended Energy Allowances (REA) and Recommended Dietary Allowances (RDA): Mean per individual in a day, by sex and age, 1 day, 1989-91

Sex and age (years)	Percentage of population	Food energy	Protein	Vitamin A (IU)	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
	Percent	Percent REA	----- Percent RDA -----							
<b>Males and females:</b>										
Under 1.....	0.9	102	168	251	220	296	347	283	327	194
1-2.....	3.2	92	287	181	168	66	205	143	192	127
3-5.....	4.8	91	268	180	172	77	198	154	180	143
5 and under.....	9.0	93	265	188	176	95	216	164	200	142
<b>Males:</b>										
Under 1.....	0.5	105	166	263	228	317	336	299	336	219
1-2.....	1.5	96	297	193	177	65	209	146	203	129
3-5.....	2.5	91	264	185	177	79	203	157	181	144
6-11.....	4.9	93	238	142	131	89	214	155	172	145
12-19.....	5.3	88	176	118	106	88	205	140	150	134
20-29.....	7.3	87	169	125	101	96	191	128	134	146
30-39.....	8.5	80	149	125	100	94	160	119	124	140
40-49.....	6.2	76	145	132	109	97	152	114	119	135
50-59.....	4.2	89	137	143	110	94	172	137	136	156
60-69.....	3.9	83	130	201	150	88	198	141	145	164
70-79.....	2.4	79	122	158	130	93	179	141	144	149
80 and over.....	0.7	76	101	146	114	76	170	122	127	121
20 and over.....	33.2	82	146	140	112	94	173	127	131	145
<b>Females:</b>										
Under 1.....	0.5	99	170	239	212	274	359	267	317	169
1-2.....	1.7	88	279	169	160	66	202	141	183	125
3-5.....	2.3	92	273	174	167	74	193	151	178	141
6-11.....	4.6	92	231	157	135	95	197	154	167	142
12-19.....	5.6	79	146	114	97	78	161	126	132	121
20-29.....	7.7	74	134	127	101	84	145	116	118	120
30-39.....	9.1	75	131	128	101	88	134	116	118	122
40-49.....	6.7	69	125	136	106	82	128	109	109	119
50-59.....	4.5	77	127	159	121	86	151	123	122	137
60-69.....	4.6	79	127	198	142	97	171	130	129	143
70-79.....	3.0	72	112	176	132	81	175	121	119	128
80 and over.....	1.8	73	108	215	150	91	167	126	128	120
20 and over.....	37.4	74	127	150	114	87	147	118	119	126
<b>All individuals.....</b>	<b>100.0</b>	<b>81</b>	<b>160</b>	<b>146</b>	<b>119</b>	<b>90</b>	<b>171</b>	<b>130</b>	<b>137</b>	<b>136</b>

Continued



Table 10.1.--Nutrient intakes as percentages of 1989 Recommended Energy Allowances (REA) and Recommended Dietary Allowances (RDA): Mean per individual in a day, by sex and age, 1 day, 1989-91--continued

Sex and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
----- Percent RDA -----								
Males and females:								
Under 1.....	134	439	662	128	131	182	173	110
1-2.....	111	330	428	97	113	210	91	62
3-5.....	125	342	437	104	129	190	111	77
5 and under.....	121	348	457	104	124	197	111	75
Males:								
Under 1.....	137	449	651	127	126	184	185	116
1-2.....	110	318	450	106	120	216	93	64
3-5.....	128	349	455	106	130	189	117	78
6-11.....	117	263	314	114	147	137	132	93
12-19.....	107	179	295	95	133	89	152	92
20-29.....	102	149	282	104	166	86	166	93
30-39.....	98	137	317	109	180	87	168	91
40-49.....	95	139	323	101	172	86	167	86
50-59.....	92	137	329	93	162	84	154	89
60-69.....	101	156	315	94	156	84	166	82
70-79.....	96	154	298	95	153	81	159	94
80 and over.....	85	134	237	80	132	77	140	69
20 and over.....	97	143	309	101	167	85	164	89
Females:								
Under 1.....	131	430	673	130	136	179	159	102
1-2.....	111	341	408	90	106	204	91	61
3-5.....	122	335	417	103	128	192	105	76
6-11.....	118	255	315	108	143	137	123	95
12-19.....	96	134	182	66	94	75	79	77
20-29.....	85	118	184	68	108	75	80	75
30-39.....	86	116	200	83	128	81	80	75
40-49.....	84	109	201	72	120	78	75	73
50-59.....	91	123	206	77	124	83	113	76
60-69.....	99	136	201	77	124	86	127	80
70-79.....	89	131	203	70	113	79	115	68
80 and over.....	90	133	159	78	116	79	119	69
20 and over.....	88	120	196	75	120	80	93	75
All individuals.....	98	165	273	90	137	98	124	82

NOTE: See "Table notes."

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91.

Table 10.2.--Nutrient intakes as percentages of 1989 Recommended Energy Allowances (REA) and Recommended Dietary Allowances (RDA): Mean per individual in a day, by race, 1 day, 1989-91

Race, sex, and age (years)	Percentage of population	Food energy	Protein	Vitamin A (IU)	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
	Percent	Percent REA	----- Percent RDA -----							
White:										
Males and females:										
1-2.....	2.3	91	286	183	171	64	197	140	193	123
3-5.....	3.8	93	272	192	183	78	196	158	187	146
5 and under ‡ .....	6.8	93	267	196	183	94	208	164	203	143
Males:										
6-11.....	3.9	92	233	146	135	90	211	150	172	141
12-19.....	4.5	90	178	122	109	91	210	140	154	133
20-39.....	13.2	84	159	123	101	94	174	123	130	142
40-59.....	9.3	82	142	137	107	99	162	125	128	145
60 and over.....	6.0	81	125	183	140	92	190	141	144	157
20 and over.....	28.5	83	146	140	111	95	173	127	132	146
Females:										
6-11.....	3.5	91	229	144	132	89	190	151	169	138
12-19.....	4.1	78	143	117	102	77	153	125	136	117
20-39.....	13.7	73	130	131	103	87	135	114	119	121
40-59.....	9.3	74	127	147	114	87	139	117	118	129
60 and over.....	8.3	75	117	196	141	91	172	124	125	134
20 and over.....	31.3	74	126	153	116	88	146	118	120	127
All individuals.....	82.7	81	158	148	121	91	169	129	138	136
Black:										
Males and females:										
1-2.....	0.6	96	287	148	142	66	222	155	179	148
3-5.....	0.6	79	223	114	111	57	175	129	133	118
5 and under ‡ .....	1.4	89	241	139	135	98	218	158	177	139
Males:										
6-11.....	0.6	97	258	110	107	89	237	187	170	148
12-19.....	0.6	78	156	87	91	74	141	134	125	138
20-39.....	1.7	77	151	142	102	88	165	113	113	136
40-59.....	0.8	75	136	† 150	† 147	68	133	110	114	136
60 and over.....	0.8	73	118	170	143	69	184	123	133	135
20 and over.....	3.2	75	139	151	123	78	162	115	118	136
Females:										
6-11.....	0.8	96	238	† 223	160	114	223	168	163	156
12-19.....	1.2	85	159	109	89	85	192	132	125	136
20-39.....	2.1	80	145	114	97	92	151	128	121	128
40-59.....	1.4	65	116	127	97	64	126	103	93	117
60 and over.....	0.9	78	126	158	135	88	154	139	132	130
20 and over.....	4.4	75	132	127	105	82	144	122	114	125
All individuals.....	12.3	80	164	137	114	85	172	132	130	134

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 10.2.--Nutrient intakes as percentages of 1989 Recommended Energy Allowances (REA) and Recommended Dietary Allowances (RDA): Mean per individual in a day, by race, 1 day, 1989-91--continued

Race, sex, and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
----- Percent RDA -----								
White:								
Males and females:								
1-2.....	109	326	431	99	114	213	93	62
3-5.....	128	354	462	109	133	196	116	79
5 and under ‡ .....	122	353	471	107	127	201	113	76
Males:								
6-11.....	116	262	319	116	146	136	135	95
12-19.....	107	179	310	98	136	90	153	95
20-39.....	100	141	308	109	175	88	169	92
40-59.....	94	138	314	101	170	87	163	88
60 and over.....	99	152	291	95	155	83	161	87
20 and over.....	98	142	306	104	169	86	165	89
Females:								
6-11.....	117	256	320	111	145	139	124	93
12-19.....	95	135	190	70	94	75	81	77
20-39.....	85	117	196	78	119	79	80	75
40-59.....	88	119	205	77	124	82	94	77
60 and over.....	95	132	185	76	118	82	121	74
20 and over.....	89	122	195	77	120	81	95	75
All individuals.....	98	164	274	93	140	98	126	83
Black:								
Males and females:								
1-2.....	115	348	390	79	101	197	92	63
3-5.....	101	238	281	76	100	131	86	62
5 and under ‡ .....	112	315	382	84	104	164	101	68
Males:								
6-11.....	127	258	299	108	152	145	118	89
12-19.....	103	169	200	76	112	81	145	76
20-39.....	91	127	247	90	156	74	142	89
40-59.....	85	139	† 499	62	144	67	143	81
60 and over.....	88	155	† 392	76	135	71	149	69
20 and over.....	89	137	343	80	148	72	144	82
Females:								
6-11.....	129	254	312	96	136	130	121	102
12-19.....	101	130	163	60	94	76	73	81
20-39.....	89	117	185	68	119	72	78	78
40-59.....	76	92	180	54	104	62	71	59
60 and over.....	86	140	287	72	121	78	124	72
20 and over.....	84	114	204	65	114	70	85	70
All individuals.....	96	164	269	75	123	90	108	78

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91.

Table 10.3.--Nutrient intakes as percentages of 1989 Recommended Energy Allowances (REA) and Recommended Dietary Allowances (RDA): Mean per individual in a day, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1989-91

FSP participation, sex, and age (years)	Percentage of population	Food energy	Protein	Vitamin A (IU)	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
	Percent	Percent REA	----- Percent RDA -----							
Participating:										
Males and females:										
1-2.....	0.5	93	303	185	171	66	185	149	192	135
3-5.....	0.6	89	271	163	155	87	174	151	170	143
5 and under ‡ .....	1.3	94	272	181	169	116	209	174	205	151
Males:										
6-11.....	0.5	96	263	139	127	101	193	169	174	148
12-19.....	0.3	79	177	104	87	63	174	123	128	130
20-39.....	0.5	77	152	100	86	75	131	115	120	123
40-59.....	0.2	† 76	† 133	† 116	† 115	† 76	† 93	† 115	† 114	† 126
60 and over.....	0.2	† 69	† 103	† 83	† 71	† 59	† 127	† 111	† 118	† 125
20 and over.....	0.8	75	138	100	90	72	121	114	119	124
Females:										
6-11.....	0.5	89	231	129	124	92	176	154	164	138
12-19.....	0.5	81	152	76	69	68	159	125	120	119
20-39.....	1.2	71	131	91	78	70	124	111	108	113
40-59.....	0.4	66	117	108	81	73	104	104	95	111
60 and over.....	0.4	73	109	136	112	82	116	118	120	121
20 and over.....	2.0	71	124	103	85	73	118	111	108	115
All individuals.....	5.9	82	185	123	110	85	157	136	143	130
Not participating:										
Males and females:										
1-2.....	0.4	91	297	166	152	65	216	133	182	123
3-5.....	0.6	88	267	210	172	75	205	144	170	131
5 and under ‡ .....	1.1	91	267	201	172	97	226	157	192	133
Males:										
6-11.....	0.6	86	231	115	104	86	178	142	156	135
12-19.....	0.6	84	164	92	85	82	180	130	137	119
20-39.....	1.2	81	152	121	99	91	162	116	123	133
40-59.....	0.6	76	131	102	79	72	123	109	112	121
60 and over.....	0.8	72	110	150	122	68	141	128	126	132
20 and over.....	2.6	77	134	126	102	80	146	118	122	130
Females:										
6-11.....	0.6	87	213	137	114	90	170	140	146	121
12-19.....	0.6	81	143	86	79	73	131	117	126	109
20-39.....	1.4	77	134	126	97	78	134	113	114	119
40-59.....	0.9	68	113	109	91	68	119	103	103	106
60 and over.....	1.7	68	107	157	122	76	135	118	118	122
20 and over.....	3.9	71	117	136	107	75	131	113	113	118
All individuals.....	10.1	78	155	133	110	80	153	124	131	123

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 10.3.--Nutrient intakes as percentages of 1989 Recommended Energy Allowances (REA) and Recommended Dietary Allowances (RDA): Mean per individual in a day, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1989-91--continued

FSP participation, sex, and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
<i>Percent RDA</i>								
Participating:								
Males and females:								
1-2.....	109	339	449	94	113	206	88	64
3-5.....	122	323	397	94	124	175	113	79
5 and under ‡ .....	122	352	465	99	122	191	117	78
Males:								
6-11.....	125	263	335	115	158	148	127	100
12-19.....	100	158	246	74	112	81	124	81
20-39.....	88	133	287	97	163	78	146	91
40-59.....	† 78	† 128	† 309	† 76	† 145	† 73	† 159	† 82
60 and over.....	† 84	† 117	† 170	† 83	† 127	† 68	† 120	† 57
20 and over.....	85	129	269	89	152	75	144	82
Females:								
6-11.....	113	259	311	107	143	136	124	94
12-19.....	92	124	171	59	95	77	78	82
20-39.....	79	98	190	66	111	68	70	71
40-59.....	77	100	151	63	109	68	78	66
60 and over.....	83	116	202	71	108	72	115	69
20 and over.....	79	102	185	66	110	69	81	70
All individuals.....	98	193	284	84	124	111	107	80
Not participating:								
Males and females:								
1-2.....	96	302	390	93	111	201	86	63
3-5.....	112	301	382	101	126	184	100	78
5 and under ‡ .....	110	329	439	101	122	190	103	75
Males:								
6-11.....	107	237	306	105	138	130	118	89
12-19.....	94	170	259	84	120	82	140	82
20-39.....	93	143	258	101	168	83	159	87
40-59.....	75	126	228	92	154	73	139	72
60 and over.....	83	131	295	80	134	69	136	65
20 and over.....	86	135	263	92	154	76	147	76
Females:								
6-11.....	98	223	273	95	131	127	110	87
12-19.....	88	120	190	62	90	71	74	73
20-39.....	82	112	198	73	117	76	75	75
40-59.....	73	105	179	68	109	68	80	66
60 and over.....	85	124	175	67	105	71	112	65
20 and over.....	82	116	184	69	110	72	92	69
All individuals.....	89	161	250	83	125	93	112	75

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91.



Table 10.4.--Nutrient intakes as percentages of 1989 Recommended Energy Allowances (REA) and Recommended Dietary Allowances (RDA): Mean per individual in a day, by poverty status, 1 day, 1989-91

Poverty status, sex, and age (years)	Percentage of population	Food energy	Protein	Vitamin A (IU)	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
	Percent	Percent REA	Percent RDA							
Under 100% poverty:										
Males and females:										
1-2.....	0.8	91	298	171	160	65	185	142	186	130
3-5.....	0.8	87	267	163	152	78	171	146	167	135
5 and under ‡ .....	1.9	92	267	180	166	107	203	166	198	143
Males:										
6-11.....	0.7	92	246	131	119	96	181	155	165	138
12-19.....	0.7	82	168	102	89	74	173	124	133	122
20-39.....	1.1	78	149	107	89	84	152	113	118	125
40-59.....	0.5	78	136	112	97	79	117	115	116	123
60 and over.....	0.5	69	108	144	114	71	131	126	120	132
20 and over.....	2.1	76	136	117	97	80	139	116	118	126
Females:										
6-11.....	0.8	89	225	131	121	90	169	147	159	127
12-19.....	0.9	83	150	85	75	72	153	125	126	117
20-39.....	1.9	74	133	104	86	73	127	112	111	114
40-59.....	0.8	67	115	108	83	72	109	104	97	109
60 and over.....	1.2	68	107	166	129	77	124	121	121	123
20 and over.....	3.9	71	121	124	99	74	122	113	111	116
All individuals.....	11.0	80	169	128	110	83	152	130	137	125
100% poverty and over:										
Males and females:										
1-2.....	2.3	93	284	188	174	66	209	144	193	128
3-5.....	3.5	94	271	185	180	78	208	158	184	145
5 and under ‡ .....	6.3	94	267	192	181	91	221	163	199	143
Males:										
6-11.....	3.9	94	240	148	137	90	222	159	176	148
12-19.....	4.1	91	180	125	112	94	213	144	155	139
20-39.....	12.7	83	157	130	104	95	178	123	128	143
40-59.....	8.7	82	143	141	112	98	164	125	127	147
60 and over.....	5.7	82	126	186	145	92	197	143	147	157
20 and over.....	27.2	82	146	145	115	96	178	128	132	147
Females:										
6-11.....	3.4	94	232	166	142	98	210	157	171	147
12-19.....	4.0	80	148	114	99	81	170	128	135	124
20-39.....	13.0	75	132	131	103	88	142	117	119	122
40-59.....	9.0	73	126	146	113	84	140	115	116	128
60 and over.....	6.8	77	121	198	143	94	180	129	127	138
20 and over.....	28.8	75	128	151	116	88	150	119	120	127
All individuals.....	77.7	82	159	150	122	91	176	131	138	138

‡ Includes infants under 1.

Continued

Table 10.4.--Nutrient intakes as percentages of 1989 Recommended Energy Allowances (REA) and Recommended Dietary Allowances (RDA): Mean per individual in a day, by poverty status, 1 day, 1989-91--continued

Poverty status, sex, and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
----- Percent RDA -----								
Under 100% poverty:								
Males and females:								
1-2.....	105	327	429	91	110	201	86	62
3-5.....	118	308	382	95	123	173	104	77
5 and under ‡ .....	117	339	450	98	120	187	109	76
Males:								
6-11.....	115	245	328	109	148	141	121	96
12-19.....	97	163	253	80	116	83	132	80
20-39.....	89	137	250	95	162	81	151	86
40-59.....	78	131	258	95	158	75	149	78
60 and over.....	83	128	253	76	127	67	129	64
20 and over.....	85	134	253	90	153	76	145	79
Females:								
6-11.....	104	241	302	106	141	135	118	90
12-19.....	93	126	180	62	95	77	79	80
20-39.....	80	106	197	69	114	72	72	73
40-59.....	75	103	153	63	108	68	79	67
60 and over.....	86	129	187	69	106	71	115	66
20 and over.....	81	112	185	68	110	71	87	70
All individuals.....	94	177	264	83	124	102	109	77
100% poverty and over:								
Males and females:								
1-2.....	113	333	428	98	114	215	96	63
3-5.....	127	353	458	107	131	196	114	77
5 and under ‡ .....	122	352	463	106	125	202	112	75
Males:								
6-11.....	120	271	313	117	149	139	137	94
12-19.....	111	184	311	99	138	92	154	96
20-39.....	100	142	300	108	176	86	167	92
40-59.....	95	139	342	98	169	86	164	89
60 and over.....	100	158	313	96	157	85	167	88
20 and over.....	99	145	316	103	170	86	166	90
Females:								
6-11.....	123	264	323	109	144	139	126	97
12-19.....	99	138	186	69	95	75	80	79
20-39.....	86	117	194	78	121	79	80	75
40-59.....	87	116	200	76	123	81	92	75
60 and over.....	97	137	199	76	121	84	124	76
20 and over.....	89	122	197	77	122	81	94	75
All individuals.....	100	166	277	92	141	98	127	84

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91.

Table 10.5.--Nutrient intakes as percentages of 1989 Recommended Energy Allowances (REA) and Recommended Dietary Allowances (RDA): Mean per individual in a day, by income level, 1 day, 1989-91

Income level, sex, and age (years)	Percentage of population	Food energy	Protein	Vitamin A (IU)	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
	<i>Percent</i>	<i>Percent REA</i>	<i>Percent RDA</i>							
Under 131% poverty:										
Males and females:										
1-2.....	1.0	92	300	177	162	66	199	142	187	130
3-5.....	1.2	89	269	186	163	81	189	148	170	137
5 and under ‡ .....	2.4	93	270	190	171	107	217	166	199	142
Males:										
6-11.....	1.1	91	246	126	115	93	185	155	164	141
12-19.....	1.0	82	169	96	86	75	178	128	134	123
20-39.....	1.6	80	152	115	96	87	153	115	122	130
40-59.....	0.8	76	131	105	88	73	116	111	113	122
60 and over.....	1.0	71	109	139	114	67	139	125	125	130
20 and over.....	3.4	76	135	120	99	78	140	117	121	128
Females:										
6-11.....	1.1	88	221	133	119	91	173	146	154	128
12-19.....	1.2	81	147	82	75	71	144	121	123	114
20-39.....	2.5	74	133	110	88	74	129	112	111	116
40-59.....	1.2	67	114	109	88	70	114	103	100	108
60 and over.....	2.1	69	107	153	120	77	131	118	118	122
20 and over.....	5.9	71	120	125	100	74	127	113	112	117
All individuals.....	16.0	79	166	130	110	82	155	128	135	126
131-350% poverty:										
Males and females:										
1-2.....	1.2	97	282	185	173	68	201	149	195	130
3-5.....	2.1	90	264	158	165	74	197	155	178	143
5 and under ‡ .....	3.6	93	261	176	173	89	213	159	195	140
Males:										
6-11.....	2.3	97	249	169	152	91	234	167	183	152
12-19.....	2.1	89	179	108	105	88	201	146	155	139
20-39.....	5.8	81	152	123	96	83	169	117	118	136
40-59.....	2.7	83	148	147	117	87	163	123	128	140
60 and over.....	2.7	82	124	172	142	88	185	143	149	153
20 and over.....	11.1	82	144	141	112	85	172	125	128	141
Females:										
6-11.....	2.1	96	235	170	144	95	211	160	174	147
12-19.....	2.1	80	152	112	101	84	166	133	137	129
20-39.....	6.0	75	131	126	101	84	142	119	120	119
40-59.....	3.0	72	124	126	104	77	129	117	117	122
60 and over.....	3.4	78	122	184	136	91	174	131	128	136
20 and over.....	12.5	75	127	142	111	84	148	122	122	124
All individuals.....	35.9	83	165	145	121	86	175	134	141	136

‡ Includes infants under 1.

Continued

Table 10.5.--Nutrient intakes as percentages of 1989 Recommended Energy Allowances (REA) and Recommended Dietary Allowances (RDA): Mean per individual in a day, by income level, 1 day, 1989-91--continued

Income level, sex, and age (years)	Percentage of population	Food energy	Protein	Vitamin A (IU)	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
	<i>Percent</i>	<i>Percent REA</i>	<i>----- Percent RDA -----</i>							
Over 350% poverty:										
Males and females:										
1-2.....	0.8	† 87	† 283	† 190	† 175	† 63	† 209	† 138	† 191	† 125
3-5.....	1.1	100	283	219	203	84	220	163	196	150
5 and under ‡ .....	2.1	95	274	210	194	91	223	169	207	149
Males:										
6-11.....	1.2	91	220	116	117	89	207	143	167	141
12-19.....	1.7	94	184	153	126	104	231	143	158	141
20-39.....	6.4	84	161	136	111	107	188	127	137	148
40-59.....	5.8	82	142	140	112	105	167	127	128	151
60 and over.....	2.6	84	131	210	154	101	220	147	149	166
20 and over.....	14.8	83	148	150	119	105	185	131	136	152
Females:										
6-11.....	1.0	† 91	† 231	† 167	† 146	† 107	† 217	† 155	† 174	† 153
12-19.....	1.7	80	145	124	102	78	183	125	137	120
20-39.....	6.3	74	132	136	106	92	142	115	118	124
40-59.....	5.5	74	129	160	119	90	147	116	116	132
60 and over.....	2.5	79	125	239	165	106	202	131	131	146
20 and over.....	14.3	75	130	163	121	93	155	118	120	131
All individuals.....	36.8	82	154	157	124	98	179	129	137	141

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 10.5.--Nutrient intakes as percentages of 1989 Recommended Energy Allowances (REA) and Recommended Dietary Allowances (RDA): Mean per individual in a day, by income level, 1 day, 1989-91--continued

Income level, sex, and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
<i>----- Percent RDA -----</i>								
Under 131% poverty:								
Males and females:								
1-2.....	103	322	423	94	112	204	87	63
3-5.....	117	312	390	98	125	180	107	78
5 and under ‡ .....	117	341	453	100	122	191	111	77
Males:								
6-11.....	116	249	320	110	147	139	122	94
12-19.....	96	166	254	80	117	82	134	82
20-39.....	91	140	266	100	167	82	156	88
40-59.....	76	126	248	88	152	73	144	74
60 and over.....	83	129	275	81	133	68	133	63
20 and over.....	85	134	264	92	153	76	146	78
Females:								
6-11.....	105	240	291	100	136	131	116	90
12-19.....	90	122	182	61	92	74	76	77
20-39.....	81	106	195	70	114	72	73	73
40-59.....	74	103	170	66	109	68	79	66
60 and over.....	85	123	180	67	105	71	113	66
20 and over.....	81	111	184	68	110	71	88	69
All individuals.....	93	173	262	83	125	100	110	77
131-350% poverty:								
Males and females:								
1-2.....	115	328	428	98	114	216	94	63
3-5.....	126	340	391	104	129	186	111	76
5 and under ‡ .....	122	338	420	104	124	195	107	73
Males:								
6-11.....	125	278	329	120	153	144	140	98
12-19.....	111	184	294	96	134	90	150	93
20-39.....	95	131	262	96	164	82	154	86
40-59.....	95	138	297	101	174	84	158	91
60 and over.....	96	154	322	96	155	81	164	78
20 and over.....	95	138	285	97	164	82	158	85
Females:								
6-11.....	124	268	316	112	148	142	122	95
12-19.....	103	141	196	69	97	75	83	84
20-39.....	86	119	178	76	119	78	81	75
40-59.....	85	109	212	76	121	77	89	75
60 and over.....	93	131	202	80	124	84	122	73
20 and over.....	88	120	193	77	121	80	94	74
All individuals.....	100	172	267	92	138	100	122	82

‡ Includes infants under 1.

Continued



Table 10.5.--Nutrient intakes as percentages of 1989 Recommended Energy Allowances (REA) and Recommended Dietary Allowances (RDA): Mean per individual in a day, by income level, 1 day, 1989-91--continued

Income level, sex, and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
----- Percent RDA -----								
Over 350% poverty:								
Males and females:								
1-2.....	† 114	† 346	† 433	† 98	† 113	† 214	† 101	† 62
3-5.....	133	384	597	111	134	215	122	78
5 and under ‡ .....	126	376	537	107	125	213	119	76
Males:								
6-11.....	112	262	287	113	142	131	135	86
12-19.....	113	186	342	105	145	96	161	102
20-39.....	105	152	334	119	186	91	179	97
40-59.....	96	141	368	98	169	88	169	89
60 and over.....	107	168	306	98	162	92	176	103
20 and over.....	102	150	342	107	175	90	174	95
Females:								
6-11.....	† 126	† 264	† 358	† 108	† 142	† 137	† 139	† 101
12-19.....	97	139	172	71	95	77	77	74
20-39.....	87	117	209	80	123	81	80	76
40-59.....	90	121	194	76	125	83	94	76
60 and over.....	107	153	204	76	124	90	133	83
20 and over.....	91	125	202	78	124	83	95	77
All individuals.....	101	161	290	94	145	97	133	86

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91.

Table 10.6.--Nutrient intakes as percentages of 1989 Recommended Energy Allowances (REA) and Recommended Dietary Allowances (RDA): Mean per individual in a day, by region, 1 day, 1989-91

Region, sex, and age (years)	Percentage of population	Food energy	Protein	Vitamin A (IU)	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
	<i>Percent</i>	<i>Percent REA</i>	<i>----- Percent RDA -----</i>							
Northeast:										
Males and females:										
1-2.....	0.6	105	322	202	193	70	223	171	227	155
3-5.....	1.0	99	289	180	167	84	222	162	185	154
5 and under ‡ .....	1.8	100	286	199	184	102	233	179	216	162
Males:										
6-11.....	0.8	94	235	132	118	83	267	156	167	157
12-19.....	1.2	92	188	141	122	91	232	159	160	148
20-39.....	3.3	83	165	147	113	97	178	129	129	153
40-59.....	2.3	85	145	157	117	107	172	131	126	152
60 and over.....	1.3	85	129	179	132	91	200	145	143	166
20 and over.....	6.9	84	151	156	118	99	180	133	131	155
Females:										
6-11.....	1.0	95	225	† 213	163	102	211	167	173	147
12-19.....	1.0	83	152	127	116	104	215	142	147	135
20-39.....	3.7	77	140	142	109	93	143	124	123	129
40-59.....	2.3	75	130	200	149	91	171	125	124	138
60 and over.....	2.1	78	125	191	137	87	175	128	125	139
20 and over.....	8.0	77	133	171	128	91	159	125	124	134
All individuals.....	20.7	84	165	165	130	95	186	138	141	146
Midwest:										
Males and females:										
1-2.....	0.9	88	284	167	165	67	174	139	189	122
3-5.....	1.1	89	269	184	186	70	174	155	187	142
5 and under ‡ .....	2.3	90	264	184	183	95	198	168	207	142
Males:										
6-11.....	1.3	97	249	140	136	88	177	167	183	146
12-19.....	1.4	81	162	94	91	84	179	118	138	123
20-39.....	4.0	89	172	126	114	92	173	128	147	148
40-59.....	2.7	80	143	122	101	89	148	120	127	142
60 and over.....	1.4	82	124	172	138	100	193	142	145	155
20 and over.....	8.1	85	153	133	114	92	168	128	140	147
Females:										
6-11.....	1.1	94	246	165	151	102	201	162	187	158
12-19.....	1.2	83	153	109	97	75	149	121	138	126
20-39.....	4.4	75	132	117	99	86	120	110	120	120
40-59.....	2.8	72	128	126	101	83	122	112	114	130
60 and over.....	1.9	73	118	152	118	84	163	122	120	132
20 and over.....	9.1	74	128	127	104	85	130	113	118	126
All individuals.....	24.5	82	164	134	117	89	158	129	142	137

‡ Includes infants under 1.

Continued

Table 10.6.--Nutrient intakes as percentages of 1989 Recommended Energy Allowances (REA) and Recommended Dietary Allowances (RDA): Mean per individual in a day, by region, 1 day, 1989-91--continued

Region, sex, and age (years)	Percentage of population	Food energy	Protein	Vitamin A (IU)	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
Percent		Percent REA	Percent RDA							
South:										
Males and females:										
1-2.....	1.1	89	271	161	145	65	203	136	178	121
3-5.....	1.6	90	262	162	156	75	190	149	172	141
5 and under ‡ .....	3.0	91	257	169	158	94	209	155	188	138
Males:										
6-11.....	1.7	93	242	120	116	98	199	149	169	144
12-19.....	1.8	91	180	94	91	87	180	145	150	136
20-39.....	5.2	82	152	104	82	95	170	120	120	138
40-59.....	3.4	81	139	127	108	82	164	119	122	135
60 and over.....	2.7	78	123	165	132	83	159	133	139	144
20 and over.....	11.3	81	141	125	102	88	166	123	125	139
Females:										
6-11.....	1.5	91	222	126	111	87	176	142	150	133
12-19.....	2.3	78	142	91	79	69	146	125	121	117
20-39.....	5.4	73	127	118	94	80	143	115	112	119
40-59.....	4.0	70	120	120	96	78	130	111	109	117
60 and over.....	3.6	74	115	207	146	89	167	127	127	131
20 and over.....	13.0	72	122	143	109	82	145	117	115	122
All individuals.....	34.6	80	154	132	108	85	163	127	131	131
West:										
Males and females:										
1-2.....	0.7	90	287	214	188	61	235	137	189	116
3-5.....	1.1	90	258	202	186	79	213	153	179	135
5 and under ‡ .....	1.9	90	256	210	189	94	233	160	194	132
Males:										
6-11.....	1.1	87	221	186	158	83	244	149	165	135
12-19.....	1.0	88	172	164	136	93	252	140	154	130
20-39.....	3.3	77	146	135	103	97	178	114	120	133
40-59.....	2.0	79	142	148	115	117	157	128	133	150
60 and over.....	1.6	80	124	217	159	87	227	144	146	161
20 and over.....	6.9	78	139	158	119	100	183	125	130	144
Females:										
6-11.....	0.9	88	234	135	125	89	210	149	165	131
12-19.....	1.1	75	140	155	119	76	158	118	134	109
20-39.....	3.3	74	134	141	107	90	154	117	120	118
40-59.....	2.2	74	130	162	116	86	135	113	114	128
60 and over.....	1.9	77	118	216	155	103	184	128	129	136
20 and over.....	7.4	75	129	166	122	92	156	119	120	125
All individuals.....	20.3	79	157	166	130	94	185	129	138	133

‡ Includes infants under 1.

Continued

Table 10.6.--Nutrient intakes as percentages of 1989 Recommended Energy Allowances (REA) and Recommended Dietary Allowances (RDA): Mean per individual in a day, by region, 1 day, 1989-91--continued

Region, sex, and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
----- Percent RDA -----								
<b>Northeast:</b>								
<b>Males and females:</b>								
1-2.....	132	401	514	111	128	231	97	67
3-5.....	124	345	† 602	108	133	204	111	76
5 and under ‡ .....	127	368	566	111	130	211	114	76
<b>Males:</b>								
6-11.....	124	274	304	104	141	137	134	90
12-19.....	117	200	310	98	138	94	162	100
20-39.....	102	139	288	106	171	84	172	88
40-59.....	96	134	333	96	167	86	163	88
60 and over.....	105	147	254	92	156	83	164	79
20 and over.....	101	139	297	100	167	85	167	86
<b>Females:</b>								
6-11.....	122	276	349	106	140	137	127	91
12-19.....	108	154	195	75	102	88	88	81
20-39.....	89	118	203	76	121	79	81	75
40-59.....	92	125	246	77	124	81	96	74
60 and over.....	94	125	181	74	120	80	119	72
20 and over.....	91	122	209	76	122	80	95	74
All individuals.....	103	168	284	91	139	99	127	82
<b>Midwest:</b>								
<b>Males and females:</b>								
1-2.....	107	309	409	97	111	198	93	62
3-5.....	131	355	418	111	131	187	117	82
5 and under ‡ .....	123	351	451	108	124	192	115	79
<b>Males:</b>								
6-11.....	115	264	345	129	158	146	140	95
12-19.....	94	155	299	90	124	85	136	86
20-39.....	107	147	371	128	196	95	181	103
40-59.....	92	128	298	102	169	86	164	91
60 and over.....	100	157	272	94	151	81	162	81
20 and over.....	101	142	330	113	179	89	172	95
<b>Females:</b>								
6-11.....	130	279	336	122	154	146	132	105
12-19.....	98	125	190	75	99	74	79	77
20-39.....	84	109	192	83	123	79	79	77
40-59.....	88	113	177	75	124	83	91	77
60 and over.....	90	118	184	75	116	79	114	74
20 and over.....	86	112	186	79	122	80	90	76
All individuals.....	99	163	280	98	143	100	126	86

† See "Statistical notes."  
‡ Includes infants under 1.

Continued

Table 10.6.--Nutrient intakes as percentages of 1989 Recommended Energy Allowances (REA) and Recommended Dietary Allowances (RDA): Mean per individual in a day, by region, 1 day, 1989-91--continued

Region, sex, and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
----- Percent RDA -----								
<b>South:</b>								
Males and females:								
1-2.....	104	327	394	88	105	203	91	60
3-5.....	121	317	370	99	127	179	108	77
5 and under ‡ .....	116	332	407	98	120	188	107	74
Males:								
6-11.....	118	253	320	111	146	130	122	98
12-19.....	104	171	286	97	135	86	159	95
20-39.....	97	143	279	95	165	83	158	89
40-59.....	87	140	316	94	165	81	153	83
60 and over.....	89	151	341	91	150	78	152	93
20 and over.....	92	144	305	94	162	81	155	88
Females:								
6-11.....	107	227	290	98	136	130	120	93
12-19.....	93	130	170	57	87	70	75	78
20-39.....	83	116	180	71	115	75	78	74
40-59.....	81	111	189	69	116	75	84	73
60 and over.....	93	142	201	76	118	81	120	73
20 and over.....	85	122	189	72	116	77	91	73
All individuals.....	94	161	260	85	133	93	119	82
<b>West:</b>								
Males and females:								
1-2.....	105	297	432	101	116	218	84	62
3-5.....	126	365	410	103	128	198	111	72
5 and under ‡ .....	120	351	444	104	123	202	108	72
Males:								
6-11.....	114	269	271	107	139	137	136	84
12-19.....	118	204	286	98	136	95	149	88
20-39.....	94	139	265	100	160	84	160	87
40-59.....	104	153	368	99	171	88	172	88
60 and over.....	102	156	296	95	155	90	173	78
20 and over.....	99	147	302	99	162	86	167	85
Females:								
6-11.....	119	246	294	110	146	138	113	89
12-19.....	90	133	188	69	92	74	78	73
20-39.....	90	127	203	75	118	81	82	74
40-59.....	89	114	217	79	126	81	95	75
60 and over.....	102	143	204	75	122	90	134	79
20 and over.....	93	128	207	76	121	83	99	75
All individuals.....	101	173	272	90	137	101	127	80

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91.



Table 11.1.--Macronutrient sources of energy: Mean percentages, by sex and age, 1 day, 1989-91

Sex and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Total carbohydrate	Alcohol
	<i>Percent</i>	<i>Kilocalories</i>	<i>----- Percent -----</i>						
Males and females:									
Under 1.....	0.9	792	11.5	40.4	17.2	10.3	9.6	49.1	0.0
1-2.....	3.2	1,195	15.6	33.4	14.0	12.0	4.9	52.5	*
3-5.....	4.8	1,466	15.4	33.3	13.0	12.3	5.6	52.7	*
5 and under.....	9.0	1,298	15.1	34.1	13.8	12.0	5.8	52.2	*
Males:									
Under 1.....	0.5	821	10.8	40.2	17.0	10.0	9.8	50.0	0.0
1-2.....	1.5	1,250	15.4	33.7	14.3	12.2	4.8	52.3	*
3-5.....	2.5	1,473	15.2	33.0	12.7	12.2	5.7	53.3	*
6-11.....	4.9	1,891	15.0	34.2	13.3	12.8	5.6	52.0	*
12-19.....	5.3	2,459	15.6	34.7	13.0	13.1	6.0	50.8	*
20-29.....	7.3	2,519	16.7	35.2	12.7	13.3	6.4	46.6	2.2
30-39.....	8.5	2,317	16.8	35.2	12.3	13.4	6.8	46.4	2.5
40-49.....	6.2	2,205	17.1	35.9	12.4	13.5	7.2	45.5	2.5
50-59.....	4.2	2,085	17.3	35.6	12.1	13.5	7.2	45.6	2.6
60-69.....	3.9	1,904	17.7	33.7	11.4	12.5	7.1	47.8	2.1
70-79.....	2.4	1,814	17.2	33.6	11.4	12.5	7.0	50.0	.7
80 and over.....	0.7	1,746	14.9	32.1	11.2	12.0	6.3	53.8	† 1.2
20 and over.....	33.2	2,213	17.0	35.0	12.2	13.2	6.9	46.7	2.2
Females:									
Under 1.....	0.5	761	12.3	40.6	17.3	10.6	9.4	48.1	0.0
1-2.....	1.7	1,144	15.9	33.1	13.7	11.9	5.0	52.6	0.0
3-5.....	2.3	1,458	15.6	33.6	13.2	12.4	5.4	52.1	*
6-11.....	4.6	1,832	15.1	33.8	13.0	12.5	5.7	52.6	*
12-19.....	5.6	1,748	15.4	33.7	12.6	12.4	6.2	51.7	*
20-29.....	7.7	1,655	16.5	34.0	11.9	12.5	7.0	49.8	.9
30-39.....	9.1	1,658	16.6	34.6	12.1	12.7	7.1	48.8	1.2
40-49.....	6.7	1,520	17.0	34.7	12.0	12.9	7.1	48.3	1.2
50-59.....	4.5	1,482	17.6	33.7	11.4	12.3	7.2	49.1	1.1
60-69.....	4.6	1,498	17.5	33.3	11.4	12.2	7.1	49.9	1.0
70-79.....	3.0	1,366	16.8	31.9	10.7	11.8	6.9	52.7	*
80 and over.....	1.8	1,390	15.9	32.2	11.2	11.7	6.8	53.4	*
20 and over.....	37.4	1,556	16.9	33.9	11.7	12.4	7.1	49.6	1.0
All individuals.....	100.0	1,839	16.4	34.4	12.3	12.7	6.6	49.3	1.1

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

NOTE: See "Table notes."

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91.

Table 11.2.--Macronutrient sources of energy: Mean percentages, by race, 1 day, 1989-91

Race, sex, and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Total carbohydrate	Alcohol
	<i>Percent</i>	<i>Kilocalories</i>	<i>Percent</i>						
White:									
Males and females:									
1-2.....	2.3	1,185	15.6	33.1	13.9	11.9	4.8	52.9	*
3-5.....	3.8	1,484	15.4	33.0	12.8	12.1	5.6	53.0	*
5 and under ‡ .....	6.8	1,315	15.1	33.7	13.6	11.9	5.7	52.6	*
Males:									
6-11.....	3.9	1,886	14.9	34.2	13.3	12.8	5.5	52.3	*
12-19.....	4.5	2,502	15.5	35.0	13.2	13.1	6.0	50.7	*
20-39.....	13.2	2,437	16.6	35.5	12.6	13.4	6.6	46.3	2.5
40-59.....	9.3	2,180	17.1	36.1	12.4	13.5	7.3	45.3	2.6
60 and over.....	6.0	1,872	17.2	33.4	11.4	12.4	7.0	49.3	1.7
20 and over.....	28.5	2,234	16.9	35.2	12.3	13.2	6.9	46.6	2.4
Females:									
6-11.....	3.5	1,814	15.1	33.8	13.0	12.5	5.7	52.8	*
12-19.....	4.1	1,727	15.4	33.6	12.8	12.2	6.1	52.2	*
20-39.....	13.7	1,639	16.5	34.3	12.0	12.5	7.1	49.3	1.1
40-59.....	9.3	1,530	17.2	34.6	11.9	12.8	7.2	48.5	1.2
60 and over.....	8.3	1,416	16.9	32.7	11.1	11.9	7.0	51.4	.8
20 and over.....	31.3	1,548	16.8	34.0	11.7	12.4	7.1	49.6	1.1
All individuals.....	82.7	1,853	16.4	34.4	12.3	12.7	6.7	49.3	1.2
Black:									
Males and females:									
1-2.....	0.6	1,247	15.4	35.6	13.8	13.4	5.8	50.2	*
3-5.....	0.6	1,316	14.9	36.1	14.0	13.7	5.8	50.0	*
5 and under ‡ .....	1.4	1,211	14.6	36.7	14.4	13.2	6.4	49.7	*
Males:									
6-11.....	0.6	1,934	15.1	36.8	14.2	13.9	6.2	49.0	0.0
12-19.....	0.6	2,168	15.6	33.5	12.1	12.7	6.2	51.8	*
20-39.....	1.7	2,228	17.6	35.2	12.2	13.5	6.5	45.6	2.1
40-59.....	0.8	1,952	18.0	34.1	11.2	13.4	6.6	46.6	† 1.7
60 and over.....	0.8	1,674	18.0	34.6	11.4	13.1	7.2	47.4	*
20 and over.....	3.2	2,024	17.8	34.8	11.8	13.4	6.7	46.3	1.6
Females:									
6-11.....	0.8	1,915	15.1	34.2	13.1	12.7	5.9	51.9	*
12-19.....	1.2	1,865	15.7	34.5	12.3	13.1	6.5	49.4	† 1.3
20-39.....	2.1	1,779	16.5	35.5	12.4	13.2	7.0	47.7	† 1.2
40-59.....	1.4	1,367	17.3	33.4	11.1	12.4	7.2	48.8	† .6
60 and over.....	0.9	1,490	17.0	32.7	11.1	12.3	6.7	51.4	*
20 and over.....	4.4	1,588	16.8	34.3	11.7	12.8	7.0	48.8	.8
All individuals.....	12.3	1,754	16.5	34.8	12.3	13.1	6.6	48.7	.8

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91.

Table 11.3.—Macronutrient sources of energy: Mean percentages, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1989-91

FSP participation, sex, and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Total carbohydrate	Alcohol
	Percent	Kilocalories	Percent						
Participating:									
Males and females:									
1-2.....	0.5	1,203	16.4	35.1	14.5	12.6	5.4	49.6	*
3-5.....	0.6	1,435	16.0	34.3	13.1	12.7	5.9	50.8	*
5 and under ‡ .....	1.3	1,267	15.5	35.5	14.2	12.4	6.2	50.1	*
Males:									
6-11.....	0.5	1,933	15.7	35.7	13.6	13.4	6.0	49.7	*
12-19.....	0.3	2,135	17.1	33.1	12.1	12.7	5.6	50.4	*
20-39.....	0.5	2,223	17.6	36.1	12.9	13.7	6.6	45.1	† 1.6
40-59.....	0.2	† 1,988	† 16.7	† 36.7	† 11.6	† 14.1	† 8.1	† 45.8	† 1.2
60 and over.....	0.2	† 1,596	† 16.9	† 32.7	† 11.8	† 12.3	† 5.9	† 48.7	† 2.7
20 and over.....	0.8	2,045	17.3	35.6	12.4	13.5	6.8	46.0	1.7
Females:									
6-11.....	0.5	1,769	15.3	34.6	13.4	13.0	5.7	51.4	0.0
12-19.....	0.5	1,806	15.5	35.1	12.6	13.4	6.3	50.3	*
20-39.....	1.2	1,598	16.9	34.7	12.3	12.8	6.7	48.5	† 6
40-59.....	0.4	1,381	17.4	35.5	12.0	13.5	7.2	47.3	*
60 and over.....	0.4	1,380	16.2	33.3	11.5	12.1	7.1	51.9	*
20 and over.....	2.0	1,512	16.8	34.6	12.1	12.8	6.9	48.9	*
All individuals.....	5.9	1,650	16.3	35.0	12.9	12.9	6.4	49.3	*
Not participating:									
Males and females:									
1-2.....	0.4	1,177	16.1	34.6	14.3	12.6	5.0	50.4	0.0
3-5.....	0.6	1,419	15.7	33.2	13.3	12.2	5.2	52.5	*
5 and under ‡ .....	1.1	1,262	15.4	34.5	14.1	12.1	5.6	51.3	*
Males:									
6-11.....	0.6	1,749	15.3	32.9	12.8	12.2	5.5	52.9	*
12-19.....	0.6	2,325	15.1	34.0	12.6	13.0	5.8	51.6	*
20-39.....	1.2	2,345	16.3	34.6	12.0	13.2	6.7	48.1	1.7
40-59.....	0.6	1,995	17.1	35.1	11.9	13.3	7.1	46.9	1.6
60 and over.....	0.8	1,646	16.9	34.3	11.8	13.1	6.5	48.7	† 6
20 and over.....	2.6	2,041	16.7	34.6	11.9	13.2	6.7	48.0	1.3
Females:									
6-11.....	0.6	1,731	14.6	34.0	12.9	12.5	5.9	52.9	*
12-19.....	0.6	1,784	14.7	34.7	12.7	13.0	6.3	51.3	*
20-39.....	1.4	1,708	16.1	34.3	12.1	12.8	6.8	49.7	.8
40-59.....	0.9	1,404	16.4	33.3	11.5	12.3	6.7	49.9	*
60 and over.....	1.7	1,286	17.0	32.9	11.1	12.2	6.8	51.4	*
20 and over.....	3.9	1,457	16.5	33.5	11.5	12.4	6.8	50.5	*
All individuals.....	10.1	1,694	16.1	34.0	12.2	12.7	6.4	50.3	.5

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91.

Table 11.4.--Macronutrient sources of energy: Mean percentages, by poverty status, 1 day, 1989-91

Poverty status, sex, and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Total carbohydrate	Alcohol
	Percent	Kilocalories							
----- Percent -----									
<b>Under 100% poverty:</b>									
<b>Males and females:</b>									
1-2.....	0.8	1,177	16.3	35.1	14.4	12.7	5.3	49.7	*
3-5.....	0.8	1,402	16.1	34.0	13.2	12.5	5.5	51.1	*
5 and under ‡ .....	1.9	1,234	15.5	35.2	14.2	12.3	6.0	50.3	*
<b>Males:</b>									
6-11.....	0.7	1,865	15.2	34.9	13.3	13.1	5.9	51.0	*
12-19.....	0.7	2,226	15.9	32.9	12.2	12.6	5.5	51.9	*
20-39.....	1.1	2,268	16.7	35.3	12.3	13.4	6.8	47.2	1.6
40-59.....	0.5	2,069	16.8	35.5	11.8	13.4	7.5	46.4	1.8
60 and over.....	0.5	1,596	16.9	33.5	11.5	12.9	6.4	48.5	† 1.0
20 and over.....	2.1	2,060	16.7	34.9	12.0	13.3	6.9	47.3	1.5
<b>Females:</b>									
6-11.....	0.8	1,763	15.0	34.3	13.3	12.7	5.7	52.1	*
12-19.....	0.9	1,829	15.2	34.8	12.6	13.1	6.3	50.8	*
20-39.....	1.9	1,648	16.5	34.4	12.1	12.8	6.7	49.2	.7
40-59.....	0.8	1,389	17.1	34.7	11.8	13.0	7.0	48.6	*
60 and over.....	1.2	1,298	16.8	32.6	11.1	12.1	6.8	51.8	*
20 and over.....	3.9	1,484	16.7	33.9	11.7	12.6	6.8	49.9	*
All individuals.....	11.0	1,673	16.1	34.4	12.5	12.8	6.4	49.9	*
<b>100% poverty and over:</b>									
<b>Males and females:</b>									
1-2.....	2.3	1,211	15.3	32.8	13.7	11.9	4.8	53.5	*
3-5.....	3.5	1,492	15.1	33.2	12.8	12.3	5.7	53.2	*
5 and under ‡ .....	6.3	1,330	14.9	33.7	13.5	12.0	5.7	52.9	*
<b>Males:</b>									
6-11.....	3.9	1,927	14.9	34.1	13.4	12.7	5.5	52.3	*
12-19.....	4.1	2,549	15.5	35.4	13.2	13.3	6.2	50.3	*
20-39.....	12.7	2,401	16.7	35.3	12.5	13.3	6.6	46.6	2.3
40-59.....	8.7	2,177	17.3	35.7	12.2	13.4	7.2	45.5	2.7
60 and over.....	5.7	1,895	17.2	33.3	11.4	12.3	7.0	49.4	1.6
20 and over.....	27.2	2,222	17.0	35.0	12.2	13.2	6.9	46.8	2.3
<b>Females:</b>									
6-11.....	3.4	1,867	14.9	33.6	12.9	12.5	5.7	53.2	*
12-19.....	4.0	1,759	15.6	33.5	12.6	12.3	6.1	51.6	*
20-39.....	13.0	1,665	16.5	34.7	12.1	12.7	7.2	49.1	1.1
40-59.....	9.0	1,526	17.0	34.4	11.8	12.7	7.2	48.5	1.3
60 and over.....	6.8	1,471	16.9	32.7	11.1	12.0	7.0	51.3	.8
20 and over.....	28.8	1,576	16.7	34.1	11.8	12.5	7.2	49.5	1.1
All individuals.....	77.7	1,873	16.4	34.4	12.3	12.7	6.7	49.3	1.2

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91.

Table 11.5.--Macronutrient sources of energy: Mean percentages, by income level, 1 day, 1989-91

Income level, sex, and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Total carbohydrate	Alcohol
	<i>Percent</i>	<i>Kilocalories</i>	<i>Percent</i>						
Under 131% poverty:									
Males and females:									
1-2.....	1.0	1,191	16.3	34.9	14.4	12.6	5.2	50.0	*
3-5.....	1.2	1,427	15.8	33.8	13.2	12.5	5.5	51.6	*
5 and under ‡ .....	2.4	1,264	15.4	35.0	14.1	12.3	6.0	50.7	*
Males:									
6-11.....	1.1	1,835	15.5	34.2	13.2	12.8	5.7	51.4	*
12-19.....	1.0	2,257	15.8	33.7	12.4	12.9	5.7	51.2	*
20-39.....	1.6	2,311	16.7	35.1	12.3	13.3	6.6	47.3	1.7
40-59.....	0.8	1,993	17.0	35.5	11.8	13.5	7.3	46.6	1.5
60 and over.....	1.0	1,638	16.9	34.0	11.8	13.0	6.4	48.7	†.9
20 and over.....	3.4	2,042	16.8	34.9	12.0	13.3	6.7	47.5	1.4
Females:									
6-11.....	1.1	1,748	14.9	34.3	13.1	12.7	5.8	52.2	*
12-19.....	1.2	1,794	15.1	34.8	12.7	13.2	6.3	50.9	*
20-39.....	2.5	1,657	16.5	34.5	12.2	12.8	6.8	49.2	.7
40-59.....	1.2	1,397	16.7	34.0	11.7	12.7	6.9	49.1	*
60 and over.....	2.1	1,303	16.8	32.9	11.2	12.2	6.9	51.5	*
20 and over.....	5.9	1,475	16.6	33.8	11.7	12.6	6.8	50.0	*
All individuals.....	16.0	1,678	16.1	34.4	12.5	12.8	6.4	49.9	*
131-350% poverty:									
Males and females:									
1-2.....	1.2	1,258	14.6	33.0	13.7	12.0	4.8	53.9	*
3-5.....	2.1	1,465	15.2	33.2	12.8	12.3	5.7	53.0	*
5 and under ‡ .....	3.6	1,330	14.7	33.9	13.6	12.1	5.7	52.9	*
Males:									
6-11.....	2.3	1,959	15.0	34.4	13.3	12.8	5.7	52.0	*
12-19.....	2.1	2,481	15.6	35.5	13.3	13.4	6.1	50.0	*
20-39.....	5.8	2,349	16.6	34.7	12.3	13.3	6.4	47.3	2.2
40-59.....	2.7	2,228	17.1	37.1	12.9	14.1	7.1	44.9	1.8
60 and over.....	2.7	1,895	17.0	33.5	11.5	12.4	6.9	50.0	.9
20 and over.....	11.1	2,210	16.8	35.0	12.3	13.3	6.7	47.4	1.8
Females:									
6-11.....	2.1	1,912	14.8	33.7	13.0	12.5	5.7	53.1	*
12-19.....	2.1	1,764	15.8	34.2	12.8	12.6	6.2	51.0	*
20-39.....	6.0	1,680	16.2	34.5	12.2	12.7	7.0	49.8	.8
40-59.....	3.0	1,517	16.7	34.5	12.1	12.8	6.8	49.2	.8
60 and over.....	3.4	1,485	16.9	32.4	11.1	11.9	6.8	51.8	*
20 and over.....	12.5	1,587	16.5	33.9	11.9	12.5	6.9	50.2	.7
All individuals.....	35.9	1,860	16.1	34.4	12.5	12.8	6.5	49.9	.8

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

Continued



Table 11.5.--Macronutrient sources of energy: Mean percentages, by income level, 1 day, 1989-91--continued

Income level, sex, and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Total carbohydrate	Alcohol
	<i>Percent</i>	<i>Kilocalories</i>	<i>Percent</i>						
Over 350% poverty:									
Males and females:									
1-2.....	0.8	† 1,134	† 16.2	† 32.2	† 13.4	† 11.5	† 4.9	† 53.4	† 0.0
3-5.....	1.1	1,543	14.9	33.1	12.6	12.2	5.7	53.6	0.0
5 and under ‡ .....	2.1	1,322	15.1	33.2	13.3	11.6	5.8	53.3	0.0
Males:									
6-11.....	1.2	1,910	14.5	34.1	13.6	12.8	5.2	52.9	0.0
12-19.....	1.7	2,672	15.2	35.3	13.1	13.2	6.2	50.8	*
20-39.....	6.4	2,448	16.9	35.9	12.7	13.4	6.9	45.9	2.4
40-59.....	5.8	2,169	17.3	35.1	11.9	13.1	7.2	45.6	3.2
60 and over.....	2.6	1,936	17.5	33.0	11.1	12.1	7.2	48.9	2.5
20 and over.....	14.8	2,250	17.2	35.1	12.1	13.1	7.1	46.3	2.7
Females:									
6-11.....	1.0	† 1,820	† 15.1	† 33.2	† 12.7	† 12.3	† 5.5	† 53.6	† 0.0
12-19.....	1.7	1,767	15.4	32.5	12.4	11.7	5.9	52.5	† .9
20-39.....	6.3	1,649	16.8	34.8	12.1	12.6	7.4	48.5	1.4
40-59.....	5.5	1,540	17.2	34.6	11.7	12.7	7.4	48.1	1.6
60 and over.....	2.5	1,510	17.0	32.9	11.0	12.0	7.3	50.8	1.6
20 and over.....	14.3	1,583	17.0	34.4	11.7	12.5	7.4	48.7	1.5
All individuals.....	36.8	1,911	16.7	34.5	12.2	12.7	6.9	48.5	1.7

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91.

Table 11.6.--Macronutrient sources of energy: Mean percentages, by region, 1 day, 1989-91

Region, sex, and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Total carbohydrate	Alcohol
	<i>Percent</i>	<i>Kilocalories</i>	<i>Percent</i>						
Northeast:									
Males and females:									
1-2.....	0.6	1,359	15.6	32.9	14.5	11.7	4.3	52.8	*
3-5.....	1.0	1,575	15.5	34.1	13.7	12.5	5.5	51.7	*
5 and under ‡ .....	1.8	1,414	15.1	34.4	14.4	11.9	5.5	51.9	*
Males:									
6-11.....	0.8	1,932	14.9	32.5	12.2	12.1	5.8	53.7	*
12-19.....	1.2	2,581	15.7	33.5	12.4	12.4	6.0	51.6	*
20-39.....	3.3	2,418	17.2	34.5	12.4	13.0	6.4	46.4	2.6
40-59.....	2.3	2,234	16.8	36.4	12.4	13.6	7.5	44.9	3.0
60 and over.....	1.3	1,944	17.2	33.5	11.4	12.3	7.1	49.4	† 1.5
20 and over.....	6.9	2,267	17.1	34.9	12.2	13.1	6.9	46.5	2.5
Females:									
6-11.....	1.0	1,885	14.4	32.7	12.4	12.0	5.9	54.5	*
12-19.....	1.0	1,835	15.4	34.4	12.6	12.3	6.9	49.8	† 1.6
20-39.....	3.7	1,713	16.8	34.3	12.0	12.4	7.3	48.5	1.5
40-59.....	2.3	1,577	17.0	33.6	11.3	12.5	7.0	49.1	1.3
60 and over.....	2.1	1,491	17.3	33.1	11.3	11.9	7.2	50.7	† .5
20 and over.....	8.0	1,617	17.0	33.8	11.7	12.3	7.2	49.2	1.2
All individuals.....	20.7	1,908	16.5	34.1	12.2	12.5	6.7	49.1	1.4
Midwest:									
Males and females:									
1-2.....	0.9	1,149	16.1	35.3	14.9	12.7	5.1	50.1	0.0
3-5.....	1.1	1,409	15.7	33.1	13.2	12.1	5.2	52.7	*
5 and under ‡ .....	2.3	1,240	15.4	34.7	14.3	12.1	5.7	51.3	*
Males:									
6-11.....	1.3	1,979	15.1	35.7	14.4	13.4	5.4	50.5	0.0
12-19.....	1.4	2,257	15.5	35.6	13.2	13.5	6.2	50.2	*
20-39.....	4.0	2,586	16.8	36.9	13.6	14.0	6.4	44.9	2.3
40-59.....	2.7	2,148	17.4	37.0	12.6	14.0	7.4	45.2	1.6
60 and over.....	1.4	1,887	17.0	35.2	11.8	13.2	7.5	47.4	† 1.8
20 and over.....	8.1	2,316	17.1	36.6	13.0	13.9	6.9	45.4	2.0
Females:									
6-11.....	1.1	1,871	15.4	34.6	13.7	12.7	5.5	51.6	*
12-19.....	1.2	1,827	15.4	34.2	12.8	12.7	6.0	51.6	0.0
20-39.....	4.4	1,665	16.4	35.6	12.7	13.0	7.2	48.5	.7
40-59.....	2.8	1,506	17.4	34.3	11.9	12.6	7.0	48.6	1.1
60 and over.....	1.9	1,396	17.3	33.3	11.4	12.3	7.0	50.4	*
20 and over.....	9.1	1,561	16.9	34.7	12.2	12.7	7.1	48.9	.8
All individuals.....	24.5	1,871	16.5	35.4	12.9	13.1	6.6	48.4	.9

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

Continued

Table 11.6.--Macronutrient sources of energy: Mean percentages, by region, 1 day, 1989-91--continued

Region, sex, and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Total carbohydrate	Alcohol
	<i>Percent</i>	<i>Kilocalories</i>	<i>Percent</i>						
South:									
Males and females:									
1-2.....	1.1	1,153	15.2	33.5	13.5	12.2	5.3	52.9	*
3-5.....	1.6	1,464	15.2	33.8	12.8	12.7	5.8	52.4	0.0
5 and under ‡ .....	3.0	1,292	14.8	34.3	13.4	12.4	6.0	52.3	*
Males:									
6-11.....	1.7	1,882	15.1	34.8	13.2	13.2	5.9	51.2	0.0
12-19.....	1.8	2,558	15.8	35.3	13.4	13.5	5.7	49.8	*
20-39.....	5.2	2,389	16.4	35.0	12.1	13.4	6.7	47.5	1.9
40-59.....	3.4	2,157	16.9	35.2	12.1	13.4	7.0	46.2	2.5
60 and over.....	2.7	1,803	17.6	33.7	11.6	12.7	6.7	48.8	† 1.0
20 and over.....	11.3	2,180	16.8	34.8	12.0	13.2	6.8	47.4	1.9
Females:									
6-11.....	1.5	1,806	14.7	34.1	12.9	12.8	5.8	52.7	0.0
12-19.....	2.3	1,710	15.5	33.3	12.3	12.4	6.0	52.3	*
20-39.....	5.4	1,617	16.2	33.2	11.5	12.3	6.7	50.7	1.0
40-59.....	4.0	1,453	16.9	34.2	11.6	12.7	7.2	49.3	.9
60 and over.....	3.6	1,405	16.7	32.1	11.0	11.8	6.8	52.4	*
20 and over.....	13.0	1,508	16.6	33.2	11.4	12.3	6.9	50.8	.8
All individuals.....	34.6	1,807	16.2	34.1	12.1	12.8	6.5	49.9	.9
West:									
Males and females:									
1-2.....	0.7	1,175	15.8	31.1	13.0	11.2	4.6	54.5	*
3-5.....	1.1	1,430	15.1	32.3	12.4	11.8	5.6	54.2	0.0
5 and under ‡ .....	1.9	1,270	15.1	32.8	13.1	11.4	5.7	53.6	*
Males:									
6-11.....	1.1	1,770	15.1	32.7	13.1	11.9	5.2	54.0	*
12-19.....	1.0	2,420	15.0	33.8	12.8	12.3	6.1	52.6	0.0
20-39.....	3.3	2,223	16.7	34.3	11.8	12.8	7.0	46.9	3.1
40-59.....	2.0	2,074	17.8	34.6	11.9	12.7	7.2	45.6	3.3
60 and over.....	1.6	1,848	17.0	31.6	10.7	11.5	6.8	51.2	2.2
20 and over.....	6.9	2,093	17.1	33.7	11.6	12.4	7.0	47.5	2.9
Females:									
6-11.....	0.9	1,772	16.2	33.6	13.0	12.3	5.7	51.8	*
12-19.....	1.1	1,664	15.3	33.8	12.9	12.3	6.0	52.3	*
20-39.....	3.3	1,650	17.0	34.7	11.9	12.7	7.3	48.5	1.1
40-59.....	2.2	1,523	17.8	35.2	12.2	12.8	7.5	46.8	1.5
60 and over.....	1.9	1,469	16.8	32.5	10.8	11.9	7.2	51.4	1.6
20 and over.....	7.4	1,566	17.2	34.3	11.7	12.5	7.3	48.8	1.4
All individuals.....	20.3	1,784	16.6	33.8	12.1	12.3	6.7	49.6	1.5

\* Value less than 0.5 but greater than 0.

† See "Statistical notes."

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91.

Table 12.--Frequency of eating: Percentage of individuals reporting specified number of eating occasions in a day, by sex and age, 1 day, 1989-91

Sex and age (years)	Percentage of population	Number of eating occasions in a day									
		0	1	2	3	4	5	6	7	8	9 or more
	<i>Percent</i>	<i>Percent</i>									
Males and females:											
Under 1.....	0.9	0.0	1.9	1.9	6.4	17.2	20.7	20.8	19.1	7.9	4.0
1-2.....	3.2	0.0	0.0	2.9	20.2	31.5	18.1	13.7	8.6	3.9	1.1
3-5.....	4.8	0.0	0.6	5.0	30.9	31.1	19.5	7.5	3.4	0.7	1.4
5 and under.....	9.0	0.0	0.5	3.9	24.5	29.8	19.1	11.1	6.9	2.6	1.6
Males:											
Under 1.....	0.5	0.0	0.0	2.7	1.1	21.5	26.2	19.6	15.7	10.2	2.9
1-2.....	1.5	0.0	0.0	4.4	18.3	26.8	18.5	12.3	13.4	5.0	1.3
3-5.....	2.5	0.0	0.0	4.5	36.1	33.0	15.0	6.9	3.6	0.4	0.3
6-11.....	4.9	0.0	0.4	5.8	38.2	30.4	14.7	6.7	2.8	1.1	0.0
12-19.....	5.3	0.0	1.1	11.6	40.0	23.6	13.8	6.6	1.3	1.1	0.9
20-29.....	7.3	0.0	2.4	12.0	35.1	28.5	11.9	7.0	1.1	1.2	0.7
30-39.....	8.5	0.1	1.3	11.6	34.6	24.5	11.5	10.2	3.6	1.3	1.3
40-49.....	6.2	0.0	0.7	11.8	35.9	21.4	15.2	8.4	3.2	0.7	2.8
50-59.....	4.2	0.0	1.1	10.0	31.7	26.0	17.3	6.7	5.1	1.0	1.1
60-69.....	3.9	0.1	0.4	7.4	38.5	26.8	16.5	4.2	3.7	1.4	1.0
70-79.....	2.4	0.0	2.2	5.8	35.9	28.3	15.9	10.2	0.7	0.9	0.2
80 and over.....	0.7	0.0	1.6	2.9	48.2	22.2	19.7	3.4	1.8	0.2	0.0
20 and over.....	33.2	0.0	1.4	10.4	35.4	25.5	14.1	7.9	2.9	1.1	1.3
Females:											
Under 1.....	0.5	0.0	3.9	1.2	11.9	12.6	14.9	22.1	22.7	5.5	5.1
1-2.....	1.7	0.0	0.0	1.5	22.0	35.8	17.8	14.9	4.2	2.9	0.9
3-5.....	2.3	0.0	1.3	5.4	25.3	29.0	24.2	8.1	3.2	1.0	2.5
6-11.....	4.6	0.0	0.1	3.5	29.1	37.3	20.7	6.7	0.9	0.7	0.9
12-19.....	5.6	0.0	2.2	14.9	37.0	27.2	12.4	4.1	2.1	0.1	0.0
20-29.....	7.7	0.0	1.9	13.8	36.4	22.0	16.7	5.2	3.0	0.3	0.8
30-39.....	9.1	0.1	1.1	10.7	32.8	29.9	13.1	7.5	2.5	1.7	0.5
40-49.....	6.7	0.1	1.4	10.8	33.0	24.4	16.0	8.3	3.5	1.6	0.9
50-59.....	4.5	0.0	0.6	7.0	31.0	29.8	17.3	8.9	2.7	1.7	0.9
60-69.....	4.6	0.1	0.4	6.8	33.5	27.5	18.9	7.7	3.6	1.0	0.4
70-79.....	3.0	0.0	0.1	5.9	41.9	31.3	14.2	5.4	0.7	0.4	0.1
80 and over.....	1.8	0.0	0.3	4.6	45.5	29.6	14.5	4.9	0.6	0.0	0.0
20 and over.....	37.4	0.1	1.0	9.7	34.8	27.1	15.7	7.1	2.7	1.1	0.6
All individuals.....	100.0	0.0	1.1	9.4	34.4	27.2	15.4	7.5	3.0	1.1	0.9

NOTE: See "Table notes."

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91.

Table 13.--Eating occasions: Percentage of individuals reporting specified eating occasions in a day, by sex and age, 1 day, 1989-91

Sex and age (years)	Percentage of population	Specified eating occasion						
		Breakfast	Brunch	Lunch	Dinner	Supper	Snack, beverage break, happy hour	Something else
<i>Percent</i>		<i>Percent</i>						
Males and females:								
Under 1.....	0.9	58.4	4.0	56.2	27.8	30.7	42.3	63.4
1-2.....	3.2	95.7	4.7	81.6	49.8	44.4	76.4	11.1
3-5.....	4.8	96.5	5.1	79.9	42.8	52.0	68.9	4.8
5 and under.....	9.0	92.3	4.9	78.1	43.8	47.1	68.8	13.2
Males:								
Under 1.....	0.5	50.3	7.7	50.0	34.8	27.0	39.4	71.4
1-2.....	1.5	94.4	4.3	80.4	56.1	40.5	74.4	14.6
3-5.....	2.5	96.4	8.5	77.1	37.9	58.5	64.0	2.9
6-11.....	4.9	92.8	6.4	84.2	45.3	50.1	61.6	2.7
12-19.....	5.3	79.4	7.4	75.0	44.1	48.5	61.1	5.5
20-29.....	7.3	71.6	6.9	70.2	50.6	43.5	63.4	7.5
30-39.....	8.5	76.6	6.4	70.4	50.0	42.8	61.4	9.8
40-49.....	6.2	77.6	5.9	69.9	50.9	43.8	64.8	9.7
50-59.....	4.2	82.7	4.3	74.4	46.8	46.5	62.3	12.4
60-69.....	3.9	91.8	5.4	72.8	52.9	44.6	59.5	8.5
70-79.....	2.4	93.3	3.8	71.3	50.6	48.2	63.5	6.7
80 and over.....	0.7	97.4	15.4	69.1	51.5	48.8	50.4	8.5
20 and over.....	33.2	79.9	6.0	71.1	50.3	44.3	62.3	9.2
Females:								
Under 1.....	0.5	66.8	0.0	62.8	20.5	34.6	45.3	55.0
1-2.....	1.7	96.9	5.1	82.7	44.2	48.0	78.2	7.8
3-5.....	2.3	96.7	1.5	82.9	48.2	45.1	74.1	6.8
6-11.....	4.6	95.6	5.1	86.0	43.5	50.9	71.3	4.8
12-19.....	5.6	73.8	3.7	76.9	41.8	48.8	60.0	3.5
20-29.....	7.7	76.4	7.1	70.6	50.3	41.5	61.1	6.9
30-39.....	9.1	79.8	4.3	73.8	49.2	43.4	66.9	6.4
40-49.....	6.7	80.4	6.0	68.5	50.2	42.8	67.6	7.1
50-59.....	4.5	86.4	5.7	74.5	48.4	43.3	69.8	8.8
60-69.....	4.6	90.2	2.7	78.1	47.8	49.8	66.5	6.7
70-79.....	3.0	94.2	4.7	76.2	49.0	47.5	58.1	5.3
80 and over.....	1.8	94.8	3.6	81.0	50.3	49.4	52.8	5.4
20 and over.....	37.4	83.2	5.2	73.4	49.4	44.3	64.8	6.8
All individuals.....	100.0	83.2	5.5	74.4	48.0	45.6	64.0	7.6

NOTE: See "Table notes."

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91.



Table 14A.--Plain drinking water: Mean intake per individual in a day, by region, 1 day, 1989-91

Sex and age (years)	Percentage of population	All regions	Northeast	Midwest	South	West
<i>Percent</i>		<i>Grams</i>				
Males and females:						
Under 1.....	0.9	194	† 368	† 165	130	† 155
1-2.....	3.2	333	286	332	315	406
3-5.....	4.8	409	343	412	388	494
5 and under .....	9.0	359	326	354	336	431
Males:						
Under 1.....	0.5	† 242	† 459	† 200	† 144	† 125
1-2.....	1.5	330	† 327	383	302	† 299
3-5.....	2.5	390	† 338	362	367	493
6-11.....	4.9	537	508	562	516	560
12-19.....	5.3	725	576	638	755	962
20-29.....	7.3	842	640	765	939	999
30-39.....	8.5	793	641	689	878	919
40-49.....	6.2	745	608	783	809	741
50-59.....	4.2	755	674	743	795	796
60-69.....	3.9	946	826	960	1,045	868
70-79.....	2.4	824	722	849	897	† 758
80 and over.....	0.7	747	† 788	† 736	† 880	† 546
20 and over.....	33.2	809	666	771	890	863
Females:						
Under 1.....	0.5	143	† 160	† 131	† 123	† 206
1-2.....	1.7	335	† 248	276	326	† 489
3-5.....	2.3	429	346	490	413	495
6-11.....	4.6	476	398	486	469	556
12-19.....	5.6	604	588	602	603	625
20-29.....	7.7	739	722	744	575	967
30-39.....	9.1	732	654	762	737	777
40-49.....	6.7	781	700	889	754	768
50-59.....	4.5	819	732	788	786	993
60-69.....	4.6	829	828	862	804	835
70-79.....	3.0	772	684	699	863	748
80 and over.....	1.8	856	785	814	884	† 945
20 and over.....	37.4	774	715	795	745	864
All individuals.....	100.0	711	628	701	724	783

† See "Statistical notes."

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91.

Table 14B.--Plain drinking water: Percentages of individuals using, by region, 1 day, 1989-91

Sex and age (years)	Percentage of population	All regions	Northeast	Midwest	South	West
	<i>Percent</i>			<i>Percent</i>		
<b>Males and females:</b>						
Under 1.....	0.9	66.6	70.2	61.5	66.9	69.0
1-2.....	3.2	86.2	81.3	90.0	88.0	82.6
3-5.....	4.8	86.6	80.8	91.5	84.8	89.5
5 and under .....	9.0	84.4	79.8	87.6	84.2	85.1
<b>Males:</b>						
Under 1.....	0.5	71.6	76.5	80.7	58.1	68.3
1-2.....	1.5	83.0	72.8	89.9	83.5	81.6
3-5.....	2.5	86.1	76.4	88.0	87.2	88.2
6-11.....	4.9	87.6	76.9	90.4	88.6	90.3
12-19.....	5.3	87.5	84.5	89.3	85.3	92.4
20-29.....	7.3	83.4	73.2	86.0	83.0	91.1
30-39.....	8.5	85.9	84.6	83.6	84.8	91.8
40-49.....	6.2	87.7	78.1	91.4	89.9	89.8
50-59.....	4.2	88.1	79.7	92.8	89.5	89.5
60-69.....	3.9	94.5	90.5	94.5	95.1	96.9
70-79.....	2.4	93.1	85.0	99.6	94.2	92.4
80 and over.....	0.7	91.1	100.0	95.2	94.4	79.7
20 and over.....	33.2	87.6	80.9	89.2	88.2	91.3
<b>Females:</b>						
Under 1.....	0.5	61.2	55.9	42.2	71.4	70.3
1-2.....	1.7	89.1	89.4	90.0	91.8	83.4
3-5.....	2.3	87.2	83.4	97.0	81.9	90.7
6-11.....	4.6	86.8	81.9	87.9	84.8	93.5
12-19.....	5.6	85.6	81.5	89.2	85.8	85.0
20-29.....	7.7	84.3	84.0	89.6	75.9	90.4
30-39.....	9.1	87.0	82.1	90.4	87.5	86.8
40-49.....	6.7	88.2	83.7	95.2	87.8	83.8
50-59.....	4.5	92.8	89.3	93.7	93.1	94.7
60-69.....	4.6	92.6	90.8	93.3	94.1	91.5
70-79.....	3.0	94.3	90.7	92.2	95.2	98.9
80 and over.....	1.8	97.0	98.4	97.0	96.7	95.7
20 and over.....	37.4	89.1	86.2	92.2	88.1	90.1
<b>All individuals.....</b>	<b>100.0</b>	<b>87.7</b>	<b>83.0</b>	<b>90.2</b>	<b>87.4</b>	<b>90.1</b>

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91.

Table 15.--Special diets: Percentage of individuals reporting and types of diets, by sex and age, 1 day, 1989-91

Sex and age (years)	Percentage of population	Individuals on special diets	Type of diet						
			Low calorie/ weight loss	Low fat/ cholesterol	Low salt/ sodium	Low sugar/ sugar free diabetic	Low fiber	High fiber	Other
	<i>Percent</i>	<i>Percent</i>	<i>----- Percent of those on special diets -----</i>						
Males and females:									
Under 1.....	0.9	2.1	0.0	0.0	0.0	0.0	0.0	100.0	0.0
1-2.....	3.2	0.8	36.5	42.9	17.5	0.0	0.0	20.6	0.0
3-5.....	4.8	1.2	22.2	7.4	7.4	31.9	11.9	37.8	0.0
5 and under.....	9.0	1.1	21.6	15.1	8.6	17.6	6.5	45.3	0.0
Males:									
Under 1.....	0.5	2.2	0.0	0.0	0.0	0.0	0.0	100.0	0.0
1-2.....	1.5	0.3	0.0	100.0	100.0	0.0	0.0	0.0	0.0
3-5.....	2.5	1.3	0.0	13.2	13.2	21.1	21.1	65.8	0.0
6-11.....	4.9	1.3	18.2	27.0	21.4	49.1	0.0	27.0	13.8
12-19.....	5.3	1.7	72.6	12.6	5.8	2.7	0.0	10.8	0.9
20-29.....	7.3	4.9	23.7	40.9	44.4	10.4	9.0	20.8	10.1
30-39.....	8.5	3.8	27.4	39.4	24.8	24.2	7.1	33.7	5.9
40-49.....	6.2	12.3	44.8	44.0	25.2	18.9	16.5	11.3	7.8
50-59.....	4.2	14.0	17.4	59.6	31.4	20.0	7.7	7.4	8.2
60-69.....	3.9	24.1	21.0	65.3	45.7	27.0	15.0	3.4	20.3
70-79.....	2.4	27.8	12.7	48.3	49.1	27.8	26.4	5.7	8.4
80 and over.....	0.7	24.8	2.7	43.5	46.5	36.4	28.9	13.4	7.5
20 and over.....	33.2	11.5	23.6	51.7	38.1	23.1	15.6	10.6	11.1
Females:									
Under 1.....	0.5	1.9	0.0	0.0	0.0	0.0	0.0	100.0	0.0
1-2.....	1.7	1.3	44.2	30.8	0.0	0.0	0.0	25.0	0.0
3-5.....	2.3	1.0	50.8	0.0	0.0	45.8	0.0	1.7	0.0
6-11.....	4.6	1.4	27.6	51.3	34.0	37.8	21.2	0.0	46.8
12-19.....	5.6	4.4	75.3	25.7	9.7	25.3	0.7	10.9	8.7
20-29.....	7.7	10.2	53.8	43.5	28.0	31.4	2.9	25.0	17.9
30-39.....	9.1	12.9	53.8	30.6	23.2	25.6	5.4	14.8	10.7
40-49.....	6.7	14.1	47.8	40.2	27.9	14.3	10.9	12.1	6.5
50-59.....	4.5	22.1	34.5	49.4	36.2	23.3	15.0	8.1	21.4
60-69.....	4.6	25.3	32.8	60.8	50.6	30.6	20.8	3.9	13.2
70-79.....	3.0	31.2	7.5	54.5	41.6	17.7	24.4	9.1	9.6
80 and over.....	1.8	18.3	7.4	48.7	66.5	36.8	18.8	6.6	13.1
20 and over.....	37.4	16.9	36.7	46.6	36.5	24.6	13.8	11.3	13.1
All individuals.....	100.0	10.7	33.0	47.3	35.8	24.0	13.9	11.4	12.2

NOTE: See "Table notes."

SOURCE: Continuing Survey of Food Intakes by Individuals, 1989-91.

Table 16.--Vitamin and mineral supplements: Percentage of individuals using supplements and types of supplements, by selected characteristics, 1989-91

Characteristic	Percentage of population	Individuals using supplements	Type of supplement							
			Multi-vitamin	Multivitamin with iron or other minerals	Combination of vitamin C and iron	Vitamin C	Vitamin B/ B complex	Calcium	Vitamin E	Other
Percent		----- Percent -----								
Sex and age:										
Males										
20-39.....	15.8	26.1	48.9	28.2	7.0	16.7	6.3	2.4	4.8	16.3
40-59.....	10.4	36.3	48.4	34.3	7.0	22.5	6.5	5.1	6.6	11.1
60 and over.....	7.0	40.2	44.7	20.9	5.2	22.3	8.1	7.8	12.4	20.2
20 and over.....	33.2	32.3	47.6	28.4	6.5	20.2	6.9	4.8	7.4	15.5
Females										
20-39.....	16.8	44.4	45.9	36.0	6.2	10.1	6.5	6.9	4.2	15.5
40-59.....	11.2	47.1	50.6	26.8	6.4	15.5	10.8	16.6	12.3	16.2
60 and over.....	9.4	51.0	44.8	28.9	4.7	16.4	8.9	19.1	14.3	19.8
20 and over.....	37.4	46.9	47.0	31.3	5.9	13.4	8.4	13.2	9.4	16.9
Race:										
White.....	82.7	40.5	52.0	28.4	5.5	15.0	6.4	8.2	6.7	13.4
Black.....	12.3	29.2	45.3	31.9	9.7	11.8	3.2	6.8	6.7	15.5
Food Stamp Program participation:										
Participating.....	5.9	27.0	53.9	31.8	3.5	7.7	2.6	3.2	3.0	10.1
Not participating.....	10.1	32.0	54.2	29.3	4.5	11.5	4.3	6.6	5.1	12.4
Poverty status:										
Under 100% poverty.....	11.0	28.8	54.2	31.0	3.4	8.5	2.8	5.0	3.3	11.2
100% poverty and over...	77.7	40.3	51.5	28.1	6.3	15.1	6.1	8.1	6.8	13.4
Income level:										
Under 131% poverty.....	16.0	30.1	54.1	30.1	4.2	10.2	3.7	5.4	4.4	11.7
131-350% poverty.....	35.9	36.2	51.7	30.0	6.8	12.7	6.0	7.3	6.3	11.8
Over 350% poverty.....	36.8	45.2	51.2	26.6	5.9	17.2	6.2	9.0	7.2	14.7
Region:										
Northeast.....	20.7	36.9	54.8	28.6	5.6	11.2	4.3	4.4	6.2	11.2
Midwest.....	24.5	39.0	52.1	26.6	5.7	13.2	5.6	7.9	6.3	14.5
South.....	34.6	36.8	52.5	26.3	6.3	13.3	6.4	8.4	6.1	13.1
West.....	20.3	43.5	46.2	34.8	5.4	20.7	7.0	9.9	7.8	15.9
All individuals.....	100.0	38.7	51.4	28.8	5.8	14.6	5.9	7.9	6.6	13.7

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table 17.-- Frequency of salt use at the table, 1989-91

Sex and age (years)	Percentage of population	Never	Use salt substitute or lite salt	Use ordinary salt			Don't know/ no answer
				Rarely	Occasionally	Very often	
<i>Percent ----- Percent -----</i>							
Males and females:							
Under 1.....	0.9	85.7	0.0	2.7	9.5	0.0	2.1
1-2.....	3.2	67.0	1.5	20.3	9.4	1.1	.7
3-5.....	4.8	49.8	2.5	26.7	17.0	3.6	.4
5 and under.....	9.0	59.7	1.9	21.9	13.5	2.3	.7
Males:							
Under 1.....	0.5	86.2	0.0	3.1	9.1	0.0	1.6
1-2.....	1.5	63.3	1.3	22.9	10.4	1.5	.6
3-5.....	2.5	50.4	2.1	30.9	14.4	2.0	.2
6-11.....	4.9	39.2	1.4	31.9	21.3	4.8	1.3
12-19.....	5.3	31.1	4.6	26.7	26.2	9.7	1.0
20-29.....	7.3	28.7	4.0	20.9	28.1	17.2	1.1
30-39.....	8.5	28.0	4.7	21.7	27.1	18.2	.2
40-49.....	6.2	30.0	6.1	17.3	26.8	18.5	.9
50-59.....	4.2	31.0	6.7	23.4	21.9	15.9	1.1
60-69.....	3.9	31.8	9.3	21.8	20.2	15.1	1.8
70-79.....	2.4	34.1	12.6	25.4	19.8	7.4	.7
80 and over.....	0.7	37.1	8.9	21.2	28.1	4.0	.2
20 and over.....	33.2	30.0	6.3	21.2	25.3	16.3	.9
Females:							
Under 1.....	0.5	85.2	0.0	2.3	9.9	0.0	2.6
1-2.....	1.7	70.3	1.8	18.0	8.6	.7	.8
3-5.....	2.3	49.2	3.0	22.2	19.8	5.2	.6
6-11.....	4.6	37.6	3.4	30.1	23.3	4.9	.7
12-19.....	5.6	26.4	3.7	23.7	29.7	15.3	.9
20-29.....	7.7	31.4	6.0	23.0	26.0	12.9	.7
30-39.....	9.1	31.5	5.0	24.6	23.8	14.7	.4
40-49.....	6.7	33.4	7.3	22.3	24.5	12.2	.3
50-59.....	4.5	38.1	7.5	30.6	16.5	6.8	.5
60-69.....	4.6	40.6	10.1	25.2	17.9	5.3	.9
70-79.....	3.0	43.9	11.7	26.0	14.8	3.0	.4
80 and over.....	1.8	49.5	6.9	24.7	13.9	3.8	1.2
20 and over.....	37.4	35.6	7.2	24.8	21.6	10.3	.6
All individuals.....	100.0	35.4	5.6	24.0	22.8	11.3	.8

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91



# SURVEY TABLE NOTES

## General Notes

“1 day” refers to the period of time on which data are based for each individual. Intakes were assessed using a recall of foods and beverages ingested during the day preceding the interview—the 24 hours from midnight to 11:59 p.m.

The numbers in the “Percentage of population” column in the tables are calculated from weighted counts of individuals. Results in the body of the tables are weighted to estimate population values. See “Sample weights” in appendix A for an explanation of weighting procedures and “Sample design” in appendix A for unweighted counts of individuals and weighted percentages of the population.

Breast-fed children are excluded from the tables in this report because breast-milk intakes were not quantified in the CSFII, and intake information for breast-fed children was therefore incomplete. A breast-fed child is any child that received any breast milk during the survey days, whether or not the child also had intakes of food other than breast milk. Survey data tapes (USDA–HNIS 1992b, 1993b, 1994b) include information on breast-fed children for researchers who wish to impute breast-milk intakes or to examine their intakes from other sources.

Race and income were not reported for some individuals. Therefore, the numbers in the “Percentage of population” column for the race, poverty status, and income-level categories may not add up to 100 percent.

Daggers are used in the tables to flag estimates that may be less statistically reliable than those that are not flagged. See “Statistical notes” in appendix A for a discussion of the rules used to determine whether a particular cell is flagged.

## Demographic Variables

**Age:** Age was calculated from the date of birth, if given. Otherwise, age was that given by respondent.

**Race:** The household respondent reported the race of each household member as white, black, Asian/Pacific Islander, Aleut/Eskimo/American Indian, or some other

race. Race categories included in this report are limited to black and white because the sample included only small numbers of individuals of other races.

**Food Stamp Program participation:** Individuals are classified as participating or nonparticipating, based on the response of the household respondent to the question, “Is your household receiving food stamps at the present time?” Although this question was asked of all households, the data in the tables presenting Food Stamp Program participation are based on only the low-income population—that is, individuals in households with incomes at or below 130 percent of the Federal poverty thresholds. See “Data presentation” in appendix B for information on the Federal poverty thresholds.

**Poverty status:** Poverty status is based on income level (see below). Households were grouped into those in poverty (income under 100 percent of the Federal poverty thresholds) and those not in poverty (income of 100 percent or more of the Federal poverty thresholds). See “Data presentation” in appendix B for information on the Federal poverty thresholds.

**Income level:** Each household respondent provided an estimate of the total income from all sources, before taxes, of all household members for the calendar year before the interview. Respondents who did not provide an answer as an amount in dollars were asked to choose from a list of income ranges. For each household providing annual income in the form of a range, the mean income of all households reporting a specific dollar figure within that range was assigned to be the annual income. Individuals in households not reporting income in one of the two ways described above are excluded from income groups in this report (11.3 percent of all individuals). Three levels of household income expressed as a percentage of the Federal poverty thresholds are used in this report. See “Data presentation” in appendix B for information on the Federal poverty thresholds.

**Region:** An area of the conterminous United States as defined by the U.S. Department of Commerce for the 1990 Census of Population. The four census regions are as follows:

**Northeast:** Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont

**Midwest:** Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, Wisconsin

**South:** Alabama, Arkansas, Delaware, District of Columbia, Florida, Georgia, Kentucky, Louisiana, Maryland, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virginia, West Virginia

West: Arizona, California, Colorado, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, Wyoming (The census definition of the West also includes Alaska and Hawaii, which are excluded from the CSFII.)

## Tables 1.1A to 7.6B — Food Intakes

**Food intake:** Excludes inedible parts of foods (such as bones, rinds, and seeds), uneaten portions of food, and plain drinking water. Any food of the type included in a particular food group was tabulated in that category unless it was part of a mixture that was tabulated elsewhere (see app. C).

**Mean per individual in a day:** The mean for each age group represents users and nonusers. See “Data presentation” in appendix B for information on how means were calculated.

**Percentage of individuals using:** A user is an individual reporting any food item in the specified group or subgroup. See “Data presentation” in appendix B for information on calculating mean intake per user.

### Grain products (tables 1.1A to 1.6B)

**Total grain products:** Includes yeast breads, rolls, cereals, pastas, quick breads, pancakes, french toast, cakes, cookies, pastries, pies, crackers, popcorn, pretzels, corn chips, and mixtures having a grain product as a main ingredient. Excludes grain products that were ingredients in food mixtures coded as a single item and tabulated under another food group (see app. C). For example, noodles in tuna-noodle casserole are tabulated under Meat, Poultry, and Fish. Also, the bread in a cheese sandwich is coded as a single item and is tabulated under Milk and Milk Products.

**Yeast breads and rolls:** Includes white, whole-wheat, “wheat,” cracked-wheat, rye, pumpernickel, oatmeal, multigrain, and other yeast breads and rolls (excluding sweet rolls), bread stuffing, English muffins, bagels, and croutons.

**Total cereals and pasta:** Includes macaroni, noodles, spaghetti, grits, oatmeal, rice, other cooked cereal grains, unsweetened and sweetened ready-to-eat cereals, baby food cereals, and mixtures of baby cereal and fruit.

**Ready-to-eat cereals:** Includes unsweetened and sweetened ready-to-eat cereals.

**Rice:** Includes white, brown, and wild rice.

**Pasta:** Includes macaroni, noodles, and spaghetti.

**Quick breads, pancakes, French toast:** Includes biscuits, cornbread, tortillas, muffins, other quick breads, pancakes, waffles, and French toast. Excludes quick-bread-type coffee cakes.

**Cakes, cookies, pastries, pies:** Includes yeast-type sweet rolls, yeast- and crumb- or quick-bread-type coffee cakes, croissants, cakes, cookies, pies, cobblers, turnovers, danish pastries, doughnuts, breakfast bars and tarts, granola bars, and sweet crackers.

**Crackers, popcorn, pretzels, corn chips:** Includes nonsweet crackers; grain-based salted and unsalted snacks such as corn chips and tortilla chips, popcorn, and pretzels. Excludes potato chips, which are tabulated under Vegetables, “white potatoes.”

**Mixtures mainly grain:** Includes mixtures having a grain product as a main ingredient, such as burritos, tacos, pizza, egg rolls, quiche, spaghetti with sauce, rice and pasta mixtures; frozen meals in which the main course is a grain mixture; noodle and rice soups; and baby-food macaroni and spaghetti mixtures.

### Vegetables (tables 2.1A to 2.6B)

**Total vegetables:** Includes white potatoes, dark-green and deep-yellow vegetables, tomatoes, lettuce, green beans, corn, green peas, lima beans, other vegetables; mixtures having vegetables as a main ingredient; and vegetable juices. Excludes vegetables that were ingredients in food mixtures coded as a single item and tabulated under another food group (see app. C). For example, potatoes or tomatoes in beef stew are coded under Meat, Poultry, and Fish.

**White potatoes:** Includes baked, boiled, mashed, scalloped, and fried potatoes; potato chips; and mixtures having potatoes as a main ingredient, such as potato salad, stuffed baked potatoes, and potato soup.

**Dark-green vegetables:** Includes raw and cooked broccoli and dark-green leafy vegetables such as romaine, collards, mustard and turnip greens, kale, and spinach; mixtures having dark-green vegetables as a main ingredient, such as broccoli with cheese sauce; and baby-food spinach.

**Deep-yellow vegetables:** Includes raw and cooked deep-yellow or orange vegetables such as carrots, pumpkin, winter squash, and sweet potatoes; mixtures having deep-yellow vegetables as a main ingredient, such as peas and carrots and sweetpotato casserole; and baby-food carrots, squash, and sweetpotatoes.



**Tomatoes:** Includes raw and cooked tomatoes; tomato juice; catsup, chili sauce, salsa, and other tomato sauces; and mixtures having tomatoes as a main ingredient, such as tomato-based soups and tomato and corn coded as a single item.

**Lettuce, lettuce-based salads:** Includes lettuce and mixed salad greens; lettuce salad with assorted vegetables, cheese, or egg; and other lettuce-based salads.

**Green beans:** Includes raw or cooked green and yellow beans; mixtures having beans as a main ingredient such as beans with tomatoes or onions, bean salad, and beans with cream or mushroom sauce; and baby-food green beans.

**Corn, green peas, lima beans:** Includes raw or cooked green peas; cooked corn and lima beans; mixtures having corn, green peas, or lima beans as a main ingredient such as creamed corn, corn pudding, peas and onions, or pea soup; and baby-food corn and green peas. Excludes dry lima beans, which are tabulated under Legumes.

**Other vegetables:** Includes raw and cooked vegetables other than the following: white potatoes, dark-green and deep-yellow vegetables, tomatoes, lettuce, green beans, corn, peas, and lima beans and their mixtures. Includes vegetable soups; pickles, olives, and relishes; mixtures having “other” vegetables as a main ingredient; baby-food vegetables and baby-food vegetable mixtures with meat.

### **Fruits (tables 3.1A to 3.6B)**

**Total fruits:** Includes citrus fruits and juices, dried fruits, and other fruits; mixtures having fruit as a main ingredient; and fruit juices. Excludes fruits that were ingredients in food mixtures coded as a single item and tabulated under another food group (see app. C). For example, apples in apple pie are tabulated under Grain Products.

**Total citrus fruits and juices:** Includes oranges and other citrus fruits, mixtures of orange juice and other citrus juices, and baby-food citrus juices. Excludes citrus fruit drinks and ades such as lemonade, which are tabulated under Beverages.

**Citrus juices:** Includes fresh, frozen, canned, or bottled grapefruit, lemon, lime, orange, and other citrus juices, either sweetened or unsweetened; mixtures of citrus juices such as grapefruit and orange juice; and baby-food citrus juices. Excludes mixtures of citrus juices with noncitrus juices, which are tabulated under “noncitrus juices and nectars.”

**Dried fruits:** Includes dried apples, apricots, dates, prunes, raisins, and other dried fruits. Excludes juices such as prune juice, which are tabulated under “other fruits, mixtures, and juices.”

**Total other fruits, mixtures, and juices:** Includes raw, frozen, cooked, and canned apples, bananas, melons, berries, and other fruits except citrus and dried fruit; mixtures that are mainly noncitrus fruit; noncitrus juices (including prune juice) and nectars; mixtures of citrus and noncitrus juices; and baby-food noncitrus fruits and juices, fruits with tapioca, and fruit desserts. Excludes fruit drinks and ades, which are tabulated under beverages. Excludes frozen fruit juice bars and sorbets, which are tabulated under Sugars and Sweets, “total.”

**Apples:** Includes raw and cooked apples, applesauce, and baby-food applesauce.

**Bananas:** Includes raw and cooked bananas and baby-food bananas. Excludes the starchy vegetables called plantains or “green bananas,” which are tabulated under Vegetables, “other.”

**Melons and berries:** Includes cantaloupe, honeydew melon, watermelon, blueberries, blackberries, raspberries, strawberries, and cranberries.

**Other fruits and mixtures mainly fruit:** Includes fruits other than citrus fruits, dried fruit, apples, bananas, melons, and berries; mixtures of noncitrus fruits and mixtures that are mainly noncitrus fruits coded as a single item such as fruit salad with salad dressing, marshmallow, or pudding; and baby-food noncitrus fruits and mixtures having fruit as a main ingredient.

**Noncitrus juices and nectars:** Includes fruit juices, nectars, and baby-food juices other than citrus; and mixtures of citrus juices with noncitrus juices. Excludes fruit drinks and ades, which are tabulated under Beverages.

### **Milk and milk products (tables 4.1A to 4.6B)**

**Total milk and milk products:** Includes milk and milk drinks, yogurt, milk desserts, and cheese. Fluid and whipped cream, half-and-half, sour cream, and milk sauces and gravies are included in this total but not in any of the following subgroups. Excludes butter and nondairy sweet cream and sour cream substitutes, which are tabulated under Fats and Oils. Excludes milk and milk products that were ingredients in food mixtures coded as a single item and tabulated under another food group (see app. C). For example, cheese on pizza is tabulated under Grain Products.

**Calcium equivalent:** The amount, expressed in grams, of whole fluid cow’s milk that has the same quantity of calcium as the reported milk product. Intakes of total milk and milk products may be compared among population groups, using calcium equivalents that take into account the different calcium densities of various milk products, which may be used in varying proportions by the population groups.

The calcium equivalent of 2 ounces (57 grams) of cheddar cheese is calculated as follows:

- (1) Derive the calcium conversion factor for cheddar cheese:

$$\frac{\text{Calcium in 100 g cheddar cheese}}{\text{Calcium in 100 g whole fluid milk}} = \frac{721 \text{ mg}}{119 \text{ mg}} = 6.06$$

- (2) Multiply the amount of cheddar cheese eaten by the calcium conversion factor: 57 grams  $\times$  6.06 = 345 grams. (The amount of calcium in 57 grams of cheddar cheese is equal to the amount of calcium in 345 grams of whole fluid milk.)

**Total milk and yogurt:** Includes fluid milk and yogurt. Flavored milk and milk drinks, meal replacements with milk, milk-based infant formulas, and unreconstituted dry milk and powdered mixtures are included in this total but not in any of the following subgroups.

**Total fluid milk:** Includes fluid whole, lowfat, skim, and acidophilus milk; buttermilk; reconstituted dry milk; evaporated milk; and sweetened condensed milk.

**Whole milk:** Includes whole fluid milk, low-sodium whole milk, and reconstituted whole dry milk.

**Lowfat milk:** Includes lowfat (1 and 2 percent) milk, buttermilk (lowfat and nonfat), acidophilus milk, lowfat lactose-reduced fluid milk, and reconstituted lowfat dry milk.

**Skim milk:** Includes skim or nonfat fluid milk, lactose-reduced fluid nonfat milk, and reconstituted nonfat dry milk.

**Yogurt:** Includes plain, flavored, and fruit-variety yogurt. Excludes frozen yogurt, which is tabulated under “milk desserts.”

**Milk desserts:** Includes ice cream, imitation ice cream, ice milk, sherbet, frozen yogurt, and other desserts made with milk, such as pudding, custard, and baby-food pudding.

**Cheese:** Includes natural hard and soft cheeses, cottage cheese, cream cheese, processed cheese and spreads, imitation cheeses, and mixtures having cheese as a main ingredient, such as cheese dips and cheese sandwiches coded as a single item.

## **Meat, poultry, and fish (tables 5.1A to 5.6B)**

**Total meat, poultry, and fish:** Includes beef, pork, lamb, veal, game, organ meats, frankfurters, sausages, luncheon meats, poultry, fish, shellfish, and mixtures having meat, poultry, or fish as a main ingredient. Excludes meat, poultry, and fish that were ingredients in food mixtures coded as a single item and tabulated under another food group (see app. C). For example, pepperoni on pizza is tabulated under Grain Products. Meat gravies and unflavored gelatin are included in this total but not in any of the following subgroups.

**Beef:** Includes all cuts (including ground), corned beef, beef bacon, pastrami, and baby-food beef. Excludes organ meats, frankfurters, sausages, and luncheon meats.

**Pork:** Includes all cuts (including ground); pickled, smoked, and cured pork; ham; pork roll; bacon; salt pork; pig’s feet; and pork rinds. Excludes organ meats and frankfurters, sausages, and luncheon meats.

**Lamb, veal, game:** Includes lamb, veal, goat, venison, and other game. Excludes organ meats, frankfurters, sausages, and luncheon meats.

**Organ meats:** Includes liver, tripe, gizzards, and other organ meats.

**Frankfurters, sausages, luncheon meats:** Includes frankfurters, sausages, and luncheon meats made from beef, pork, ham, veal, game (deer bologna), chicken, and turkey; and baby-food meat sticks.

**Total poultry:** Includes chicken, turkey, duck, cornish game hen, and baby-food chicken and turkey. Excludes organ meats (giblets), frankfurters, sausages, and luncheon meats.

**Chicken:** Includes only chicken. Excludes organ meats (giblets).

**Fish and shellfish:** Includes finfish; shellfish, such as clams, crabs, lobster, oysters, scallops, and shrimp; and other seafood.

**Mixtures mainly meat, poultry, fish:** Includes mixtures having meat, poultry, or fish as a main ingredient, such as chicken cacciatore; beef loaf; chili con carne; venison stew; hash; tuna salad; corn dog; chicken soup; frozen meals in which the main course is a meat, poultry, or fish item; meat, poultry, or fish sandwiches coded as a single item (for example, cheeseburger on a bun); and baby-food meat and poultry mixtures.



**Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets (tables 6.1A to 6.6B)**

**Eggs:** Includes whole eggs; egg whites; egg yolks; egg substitutes; and mixtures having egg as a main ingredient, such as omelets, egg salad, or egg sandwiches coded as a single item. Excludes eggs that were ingredients in food mixtures coded as a single item and tabulated under another food group (see app. C). For example, eggs in baked goods are tabulated under Grain Products.

**Legumes:** Includes cooked dry beans, peas, and lentils; mixtures having legumes as a main ingredient, such as baked beans or lentil soup; soybean-derived products, such as soy-based baby formulas, tofu, soy sauce, and soy-based meal replacements; and meat substitutes that are mainly vegetable protein. Excludes peanuts, which are tabulated under Nuts and Seeds. Excludes legumes that were ingredients in food mixtures coded as a single item and tabulated under another food group (see app. C). For example, beans in tacos are tabulated under Grain Products.

**Nuts and seeds:** Includes unroasted, roasted, and honey-roasted nuts and peanuts; coconut; peanut butter; peanut butter sandwiches coded as a single item; nut mixtures; and unroasted and roasted seeds. Excludes chocolate-covered nuts, which are tabulated under Sugars and Sweets, “candy.” Excludes nuts and seeds that were ingredients in food mixtures coded as a single item and tabulated under another food group (see app. C). For example, nuts in baked goods are tabulated under Grain Products.

**Total fats and oils:** Includes table fats; cooking fats; vegetable oils; salad dressings; nondairy cream substitutes; and tartar sauce and other sauces that are mainly fat or oil. Excludes fats and oils that were ingredients in food mixtures coded as a single item and tabulated under another food group (see app. C). For example, fats or oils used to fry chicken are tabulated under Meat, Poultry, or Fish. Also, mayonnaise in cole slaw is tabulated under Vegetables.

**Table fats:** Includes butter, margarine, imitation margarine, margarinelike spreads, blends of butter with margarine or vegetable oil, and butter replacements.

**Salad dressings:** Includes regular and reduced- and low-calorie salad dressings and mayonnaise.

**Total sugars and sweets:** Includes sugar, sugar substitutes, syrups, honey, sweet toppings, frostings, sweet sauces, jellies, jams, preserves, fruit butters, marmalades, gelatin desserts, ices, fruit bars, popsicles, candy (including dietetic sweets), and chewing gum. Excludes sugars that were ingredients in food mixtures coded as a single item and tabulated under another food group (see app. C). For example,

sugar in baked goods is tabulated under Grain Products. Also, sugar in carbonated soft drinks is tabulated under Beverages.

**Sugars:** Includes white sugar, brown sugar, saccharin, aspartame, and other sugar substitutes.

**Candy:** Includes all types of candy (including dietetic sweets), chocolate-covered nuts, chocolate chips, fruit leather, and chewing gum.

**Beverages (tables 7.1A to 7.6B)**

**Total beverages:** Includes alcoholic and nonalcoholic beverages. Excludes tap water and noncarbonated bottled water. Excludes beverages that were ingredients in food mixtures coded as a single item and tabulated under another food group (see app. C). For example, wine in beef burgundy is tabulated under Meat, Poultry, and Fish.

**Total alcoholic beverages:** Includes wine, beer, ale, liqueurs, cocktails, other mixed drinks, and distilled liquors.

**Wine:** Includes wine; light wine; and mixtures made with wine, such as wine coolers. Excludes nonalcoholic wine, which is tabulated under “nonalcoholic beverages.”

**Beer and ale:** Includes beer, ale, and light (“lite”) beer. Excludes “near beer,” which is tabulated under “nonalcoholic beverages.”

**Total nonalcoholic beverages:** Includes coffee, tea, fruit drinks and ades, and soft drinks. “Near beer” is included under this total but not in any of the following subgroups.

**Coffee:** Includes decaffeinated and regular coffee made from ground or instant coffee, coffee mixes, and coffee substitutes.

**Tea:** Includes decaffeinated and regular tea obtained ready to drink or made from leaves or from instant tea mixes with or without lemon, sugar, or artificial sweetener; and herb and other teas.

**Total fruit drinks and ades:** Includes regular and low-calorie fruit drinks, punches, and ades, including those made from powdered mix and frozen concentrate. Excludes fruit juices, which are tabulated under Fruits, and carbonated fruit drinks, which are tabulated under “carbonated soft drinks.”



**Regular fruit drinks and ades:** Includes all fruit drinks, punches, and ades except low-calorie and low-sugar types.

**Low-calorie fruit drinks and ades:** Includes low-calorie and low-sugar fruit drinks, punches, and ades.

**Total carbonated soft drinks:** Includes regular and low-calorie carbonated soft drinks, such as colas, fruit-flavored and cream sodas, ginger ale, root beer, and carbonated soft drinks containing fruit juice; carbonated fruit juice drinks; and sweetened and unsweetened carbonated water. Soft drinks not specified as either regular or low calorie are tabulated here but not in either of the following categories.

**Regular carbonated soft drinks:** Includes all carbonated soft drinks except unsweetened and sugar-free types.

**Low-calorie carbonated soft drinks:** Includes unsweetened and sugar-free carbonated soft drinks, and unsweetened carbonated water.

## Tables 8.1 to 8.6 — Nutrient Intakes

**Nutrient intakes:** Nutrient content of all foods and beverages (except water) ingested by the respondent. The nutrient intakes do not include vitamin and mineral supplements. Although data were collected on the frequency and type of vitamin and mineral supplements used, amounts were not obtained.

**Mean per individual in a day:** See “Data presentation” in appendix B for information on how means were calculated.

**Alpha-tocopherol equivalents:** See “Vitamin E.”

**Carotenes:** Represents vitamin A activity derived from beta-carotene and other provitamin A carotenoids expressed as micrograms retinol equivalents (RE).

**Total carbohydrate:** Includes sugars, sugar alcohols, dietary fiber, and other carbohydrates such as stachyose, raffinose, dextrins, and available starches.

**Dietary fiber:** Represents total dietary fiber, including both the insoluble fraction (cellulose, some hemicelluloses, and lignin) and the soluble fraction (gums, pectins, and some hemicelluloses).

**Folate:** Represents total folate activity.

**Niacin:** Represents nicotinic acid and nicotinamide present in foods. Does not include potential niacin that can be converted from dietary tryptophan (a niacin precursor) in the body.

**Sodium:** Includes naturally occurring sodium, sodium added during food processing, and an assumed amount of sodium used in food preparation. Excludes sodium from salt added at the table.

**Total fat:** Includes monoglycerides, diglycerides, and triglycerides, free fatty acids, phospholipids, glycolipids, terpenes, sterols (including cholesterol), waxes, and fat-soluble vitamins.

**Vitamin A:** Represents vitamin A activity derived from both preformed vitamin A (retinol) and provitamin A carotenoids expressed as international units (IU) and as micrograms retinol equivalents (RE). One IU equals 0.3 micrograms of retinol, 0.6 micrograms of beta-carotene, or 1.2 micrograms of other carotenoids having vitamin A activity. One RE equals 1 microgram of retinol, 6 micrograms of beta-carotene, or 12 micrograms of other provitamin A carotenoids.

**Vitamin E:** Represents vitamin E activity derived from alpha-, beta-, and gamma-tocopherol and alpha-tocotrienol expressed as milligrams alpha-tocopherol equivalents. One alpha-tocopherol equivalent equals 1 milligram of alpha-tocopherol, 2 milligrams of beta-tocopherol, 10 milligrams of gamma-tocopherol, or 3.3 milligrams of alpha-tocotrienol.

## Tables 9.1 to 9.6 — Nutrient Intakes Per 1,000 Kilocalories

**Nutrient intakes:** The nutrient content of all foods and beverages (except plain drinking water) ingested by the respondent. The nutrient intakes do not include vitamin and mineral supplements. For definitions of specific nutrients, see table notes for tables 8.1 to 8.6.

**Mean per individual in a day:** See “Data presentation” in appendix B for information on how means were calculated.

## Tables 10.1 to 10.6 — Nutrient Intakes as Percentages of 1989 Recommended Energy Allowances and Recommended Dietary Allowances

**Nutrient intakes:** Nutrient content of all foods and beverages (except plain drinking water) ingested by the respondent. The nutrient intakes do not include

vitamin and mineral supplements. For definitions of specific nutrients, see table notes for tables 8.1 to 8.6.

**Mean per individual in a day:** See “Data presentation” in appendix B for information on how means were calculated.

**Recommended Energy Allowances (REA):** Levels of food energy intake considered by the Food and Nutrition Board to represent the average energy needs of individuals (National Research Council 1989). The 1989 REA for adults assume a light-to-moderate level of physical activity. The 1989 REA for the various sex-age groups are given in appendix B.

**Recommended Dietary Allowances (RDA):** Levels of nutrient intake considered by the Food and Nutrition Board of the National Academy of Sciences to be adequate to meet the known nutritional needs of practically all healthy individuals. In a population group whose usual intake approximates or exceeds the RDA, the likelihood of deficiency is small (National Research Council 1989).

**Tables 11.1 to 11.6 — Macronutrient Sources of Energy**

**Food energy:** Energy provided by protein, fat, carbohydrate, and alcohol was calculated using the general factors 4, 9, 4, and 7 kilocalories per gram, respectively, rather than food-specific factors. These general factors give estimates for a typical mixed diet (Merrill and Watt 1973). See “Data presentation” in appendix B for information on how means were calculated.

**Total fat:** Includes monoglycerides, diglycerides, and triglycerides, free fatty acids, phospholipids, glycolipids, terpenes, sterols (including cholesterol), waxes, and fat-soluble vitamins.

**Total carbohydrate:** Includes sugars, sugar alcohols, dietary fiber, and other carbohydrates such as stachyose, raffinose, dextrans, and available starches.

**Table 12 — Frequency of Eating**

Each change in the time of eating or drinking reported on the questionnaire was considered to be a separate eating occasion. If the time was unknown, a separate eating occasion was denoted by a change in the name of the eating occasion.

**Table 13 — Eating Occasions**

An eating occasion was considered to be any report of eating or drinking by a respondent. The name of the eating occasion was provided by the respondent. Respondents were asked, “Would you call this eating or drinking occasion: break-fast, brunch, lunch, dinner, supper, snack/beverage-break/happy-hour, infant feeding, something else?”

**Tables 14A and 14B — Plain Drinking Water**

Mean intake was based on the question, “About how many fluid ounces of water did you drink yesterday from any source other than in coffee, tea, fruitade, and the like?” The mean for each age group represents those who drank water and those who did not. (One fluid ounce of water equals about 30 grams.)

**Table 15 — Special Diets**

**Type of special diet:** Percentages listed in each column are the percentages of individuals on special diets who reported that type of diet. Multiple responses were possible; therefore, percentages may sum to more than 100 percent.

**Table 16 — Vitamin and Mineral Supplements**

**Supplements:** Vitamins and minerals ingested by respondents in a form other than in food or beverage. Not included in food and nutrient intake data.

**Percentage using:** Includes individuals reporting regular and occasional use of vitamin and/or mineral supplements, not those using in 1 day.

**Type of supplements:** Percentages listed in each column are the percentages of individuals using supplements who reported that type of supplement. Multiple responses were possible; therefore, percentages may sum to more than 100 percent.

**Table 17 — Frequency of Salting Food at the Table**

**Type of salt:** Individuals were asked what type of salt they usually add to food at the table: ordinary salt, light salt, salt substitute, none, or don’t know.

**Frequency:** Individuals were asked, “How often do you add (answer given above) to your food at the table?”





## APPENDIX A. STATISTICAL ASPECTS OF THE SURVEY

### Sample Design

The 1989–91 CSFII included two independent samples of housing units. In the “basic” or all-income sample, individuals in all households in the conterminous 48 States and Washington, DC, were eligible to be interviewed. In the low-income sample, eligibility was limited to individuals in households having gross income for the previous month at or below 130 percent of the Federal poverty thresholds. The two samples (basic and low income) were combined during the weighting process.

Both the basic and low-income samples were derived from the contractor’s master sample, which was in existence before the award of the contract for the survey. This master sample is a stratified clustered sample of 240 census-defined areas designed to serve as the first stage for multistage national probability samples of households. The sampling frame was organized using estimates of the U.S. population in 1980. Adjustments were made at the time of the survey to reflect the current population. The stratification plan took into account geographic location, degree of urbanization, and socioeconomic considerations. Each successive sampling stage selected increasingly smaller, more specific locations.

The 48 States (plus Washington, DC) were grouped into the nine census geographic divisions. Then all land areas within the divisions were divided into three urbanization classifications: central city, suburban, and nonmetropolitan. Thus all cities and counties in the conterminous United States were classified into one of 27 superstrata. There was no geographic area in the 48 States that was not included in one of the superstrata.

The 27 superstrata were further divided into smaller geographic pieces. The stratification process resulted in a total of 60 strata—17 central city, 28 suburban, and 15 nonmetropolitan—which corresponded to the geographic distribution, urbanization, and density of the population within the conterminous United States as reported by the Bureau of the Census. The average size of these strata was approximately 4 million persons.

Counties, cities, and parts of cities within each stratum were grouped together into smaller, relatively homogeneous units called primary sampling units (PSU’s) based

on political, economic, and demographic characteristics and geographical proximity. The master sample was selected in four independent replications. Each replication consisted of the selection of one PSU from each of the 60 strata with probability proportional to the PSU’s projected 1985 population. The CSFII sample required 120 PSU’s, so two replicates of the master sample were used for the CSFII. The two PSU’s were selected from each stratum with replacement; that is, the selection of a PSU did not preclude its selection as the second PSU. Seven of the PSU’s were selected for both replicates, leaving 113 unique PSU selections for the CSFII. The selection of PSU’s in independent replicates allows straightforward variance estimation. Since, by design, two independent PSU selections were made from each of the 60 strata, 60 degrees of freedom (one from each stratum PSU pair) should have been available for variance estimation. However, only 119 PSU’s were represented by respondents, providing 59 degrees of freedom.

Each selected PSU was divided geographically along census boundaries into smaller clusters known as area segments, containing a minimum of 75 housing units. These segments usually consisted of one or more city blocks in urban areas and part of a census enumeration district elsewhere. Each year, a total of 260 basic area segments and 500 low-income area segments were drawn into the sample. Selections were made using a systematic selection with a random start. Separate draws were made for each of the two samples (basic and low income) in each year. The possibility for overlap in area segments between the samples existed, but in practice, no area segments were selected for both samples.

To increase the probability of locating low-income households within each PSU, disproportionate sampling was applied to the low-income area segments. Each of the 500 segments was assigned to 1 of 3 poverty strata according to the proportions of the population in the segment having an income at or below 125 percent of the poverty thresholds (text table 2). This poverty cutoff was the closest published figure to the 130-percent target sought for the CSFII. A higher sampling rate was used to select area segments in strata containing larger poverty populations.

The number of household interviews targeted for completion each year in the basic survey was 1,500, with approximately 375 to be taken in each of the 4 quarters of the year. The number of low-income household interviews targeted for completion in each year was 750, of which approximately 188 were to be completed each quarter. Because the targeted number of completed household interviews would be extremely low on a quarterly basis if all the segments were activated each quarter, half of the areas were fielded in each quarter. All the area segments were randomly assigned, on a systematic basis, to one of two subsets. One subset of area segments was assigned to quarters 1 and 3, and the other subset to quarters 2 and 4.

**Text table 2. Area segments subsampled by year and poverty stratum, low-income sample, 1989-91**

Poverty stratum	Segments subsampled			Sampling rate
	1989	1990	1991	
-----Number-----				
Low poverty: Less than 10% of population at or below 125% of poverty .....	44	41	36	0.25
Medium poverty: 10-24% of population at or below 125% of poverty .....	100	90	97	0.40
High poverty: 25% or more of population at or below 125% of poverty .....	86	99	98	1.00
Total .....	230	230	231	

The basic and low-income area segments were prelisted to identify the existing housing units within the area boundaries at the time of each survey. The prelisted number of housing units in the area, together with census information, served as the basis for determining the number of housing units to be selected into the sample from that area. To complete the targeted 2,250 household interviews each year, a larger number of sample housing units had to be identified for contact to account for vacant housing units, eligibility requirements in the low-income survey, and nonresponse.

Once the total sample size was chosen for a quarter for the basic survey, the sample was allocated to the area segments in such a way that, within rounding error, all households in the area segments assigned to that quarter had the same total probability of selection. For the low-income survey, the sample for each quarter was allocated to segments in such a way that the designed differential area segment sampling rates were preserved.

For each segment, the sample housing units assigned to a given quarter were selected systematically with a random start. If additional household units were identified in the field at the time of the interviewer's visit, the housing units were brought into the sample using the half-open interval method. That is, any unlisted housing units occurring after a sample housing unit but before the next listed unit were added to the sample and identified for screening and, potentially, interview. The sample size for each of the 3 years is shown in text table 3.

**Text table 3. Sample size for the Continuing Survey of Food Intakes by Individuals, by year, 1989-91**

Year	Households	Individuals providing day-1 intakes*
		-----Number-----
<b>1989:</b>		
Basic sample	1,489	3,484
Low-income sample	725	1,637
Total.	2,214	5,121
<b>1990:</b>		
Basic sample	1,458	3,186
Low-income sample	734	1,682
Total	2,192	4,868
<b>1991:</b>		
Basic sample	1,533	3,381
Low-income sample	779	1,758
Total	2,312	5,139
<b>3-year total</b>	<b>6,718</b>	<b>15,128</b>

\* The 3-year total excludes 56 breast-fed infants under 1 year of age and 8 breast-fed children 1 to 2 years of age.



Text tables 4 to 9 contain unweighted counts of individuals and the percentages of the population (weighted) for the demographic variables included in the main tables in this report. Breast-fed infants and children are excluded from the unweighted counts and from the calculations made to determine the percentage of population. Tables of estimates for Food Stamp Program participants are based on the low-income population—that is, individuals in households with incomes at or below 130 percent of the Federal poverty thresholds.

## Survey Response

As with any survey, not all households or individuals drawn into the sample participated. The overall analytic day-1 response rate in the CSFII 1989–91 for the combined sample was 57.6 percent. Numbers of participating households and numbers of individuals providing information used in this report are provided in text table 10 along with response-rate calculations.

## Sample Weights

The CSFII weighting was done in two phases. In the first phase, a fundamental sampling weight (that is, the inverse of the probability of selection) was computed for each responding household. This fundamental sampling weight was then adjusted to account for nonresponse at the area segment level. These first-phase computations were made separately for households in each of the two original samples (basic and low-income).

The second-phase computations used the weights produced in the first phase as the starting point of a reweighting process that combined the two original samples (basic and low income) into a single sample. Further adjustments for survey nonresponse were made by using regression techniques to calibrate the sample to match population characteristics known to be correlated with eating behavior (USDHHS and USDA 1989, Bryant et al. 1989, Davis 1982, Morgan 1986) and to equalize intakes over the 12 quarters of the 3-year period and the 7 days of the week. The result of the second-phase computations are final weights that allow the use of the combined (basic and low-income) sample.<sup>4</sup>

Sixteen characteristics were used in the weight construction. Fourteen of these were demographic characteristics: geographic division; degree of urbanization; house-

hold income as a percentage of the Federal poverty thresholds; Food Stamp Program participation; home ownership; race, ethnicity, and age of individual; employment status for the previous week (for children, employment status of the female head); household with a child age 6 or less; household with a child age 7 to 17; exactly one adult in household; exactly two adults in household; female-head age 40 or younger with no children age 17 or younger. In addition, the quarter (3-month period) of interview and the day of the week for which food intake was reported by the respondent were used as the 15th and 16th characteristics. The population totals for the characteristics, obtained from the March supplements to the 1989, 1990, and 1991 Current Population Survey (USDOC–BOC 1989, 1990a, 1991a), were used as controls in determining the weights.

The 16 characteristics were converted to variables that could be used in regression analysis. Weights were constructed separately for each of three groups defined by sex and age: men age 20 and over, women age 20 and over, and persons less than 20 years old. In all, there were 54 control variables for men, 54 for women, and 53 for persons less than 20 years old. (The characteristic “female head less than 40 years old with no children age 17 or younger” was not used in constructing weights for persons under age 20.) A weight was constructed for each individual using the program described by Huang and Fuller (Huang and Fuller 1978).

Additional information on the procedures used to weight the data is available in the documentation for the 1991 data tape (USDA–HNIS 1994b).

## Statistical Notes

The average design effect for the CSFII is approximately 2.3. The design effect is a measure of the effect of a complex sample design on an estimate of the variance of a statistic. A larger design effect implies less accuracy. The relatively high design effect for the CSFII results from the complex sample design of the CSFII and from the procedures used to weight the data. The weighting procedures involved using regression techniques to calibrate the sample to match population characteristics thought to be correlated with eating behavior. The regression techniques also incorporated day of the week and quarter of the year of intake as control variables. Although this weighting reduces the magnitude of nonresponse bias and adjusts for other vagaries of the sample selection process, it also tends to increase the variance of the estimates.

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<sup>4</sup> Phase-2 work was done by Iowa State University researchers under a cooperative agreement.

**Text Table 4. Counts of individuals and population percentages, by sex and age, 1 day, CSFII 1989-91**

Sex and age (years)	Unweighted count	Percentage of population (weighted)
	<i>Number</i>	<i>Percent</i>
<b>Males and females:</b>		
Under 1 .....	197	0.9
1-2 .....	574	3.2
3-5 .....	806	4.8
5 and under .....	1,577	9.0
<b>Males:</b>		
Under 1 .....	102	.5
1-2 .....	284	1.5
3-5 .....	408	2.5
6-11 .....	754	4.9
12-19 .....	790	5.3
20-29 .....	903	7.3
30-39 .....	956	8.5
40-49 .....	723	6.2
50-59 .....	523	4.2
60-69 .....	587	3.9
70-79 .....	394	2.4
80 and over .....	133	0.7
20 and over .....	4,219	33.2

—Continued

**Text Table 4.—Continued**

Sex and age (years)	Unweighted count	Percentage of population (weighted)
	<i>Number</i>	<i>Percent</i>
<b>Females:</b>		
Under 1 .....	95	0.5
1-2 .....	290	1.7
3-5 .....	398	2.3
6-11 .....	722	4.6
12-19 .....	837	5.6
20-29 .....	1,272	7.7
30-39 .....	1,365	9.1
40-49 .....	989	6.7
50-59 .....	729	4.5
60-69 .....	851	4.6
70-79 .....	650	3.0
80 and over .....	373	1.8
20 and over .....	6,229	37.4
<b>All individuals .....</b>	<b>15,128</b>	<b>100.0</b>

**Text table 5. Counts of individuals and population percentages, by race, 1 day, CSFII 1989-91**

<b>Race, sex, and age (years)</b>	<b>Unweighted count</b>	<b>Percentage of population (weighted)</b>
	<i>Number</i>	<i>Percent</i>
<b>White:</b>		
Males and females:		
1-2 .....	385	2.3
3-5 .....	604	3.8
5 and under .....	1,116	6.8
Males:		
6-11 .....	574	3.9
12-19 .....	620	4.5
20-39 .....	1,563	13.2
40-59 .....	1,081	9.3
60 and over .....	968	6.0
20 and over .....	3,612	28.5
Females:		
6-11 .....	533	3.5
12-19 .....	601	4.1
20-39 .....	2,019	13.7
40-59 .....	1,375	9.3
60 and over .....	1,589	8.3
20 and over .....	4,983	31.3
All individuals .....	12,039	82.7

**Text table 5.—Continued**

<b>Race, sex, and age (years)</b>	<b>Unweighted count</b>	<b>Percentage of population (weighted)</b>
	<i>Number</i>	<i>Percent</i>
<b>Black:</b>		
Males and females:		
1-2 .....	133	0.6
3-5 .....	138	.6
5 and under .....	322	1.4
Males:		
6-11 .....	129	.6
12-19 .....	119	.6
20-39 .....	184	1.7
40-59 .....	106	.8
60 and over .....	117	.8
20 and over .....	407	3.2
Females:		
6-11 .....	142	.8
12-19 .....	176	1.2
20-39 .....	433	2.1
40-59 .....	247	1.4
60 and over .....	228	.9
20 and over .....	908	4.4
All individuals .....	2,203	12.3

—Continued

**Text Table 6. Counts of individuals and population percentages, by Food Stamp Program (FSP) participation, low-income households, 1 day, CSFII 1989-91**

<b>FSP participation, sex and age (years)</b>	<b>Unweighted count</b>	<b>Percentage of population (weighted)</b>
	<i>Number</i>	<i>Percent</i>
<b>Participating:</b>		
Males and females:		
1-2 .....	190	0.5
3-5 .....	226	.6
5 and under .....	483	1.3
Males:		
6-11 .....	170	.5
12-19 .....	141	.4
20-39 .....	164	.5
40-59 .....	60	.2
60 and over .....	59	.2
20 and over .....	283	.8
Females:		
6-11 .....	170	.5
12-19 .....	159	.5
20-39 .....	504	1.2
40-59 .....	172	.4
60 and over .....	174	.4
20 and over .....	850	2.0
All individuals .....	2,256	5.9

**Text Table 6.—Continued**

<b>FSP participation, sex and age (years)</b>	<b>Unweighted count</b>	<b>Percentage of population (weighted)</b>
	<i>Number</i>	<i>Percent</i>
<b>Not participating:</b>		
Males and females:		
1-2 .....	141	.4
3-5 .....	192	.6
5 and under .....	372	1.1
Males:		
6-11 .....	188	.6
12-19 .....	202	.6
20-39 .....	453	1.2
40-59 .....	219	.6
60 and over .....	315	.8
20 and over .....	987	2.6
Females:		
6-11 .....	193	.6
12-19 .....	207	.6
20-39 .....	605	1.4
40-59 .....	349	.9
60 and over .....	688	1.7
20 and over .....	1,622	3.9
All individuals .....	3,771	10.1

—Continued

**Text Table 7. Counts of individuals and population percentages, by poverty status, 1 day, CSFII 1989-91**

Poverty status, sex and age (years)	Unweighted count	Percentage of population (weighted)
	<i>Number</i>	<i>Percent</i>
<b>Under 100% poverty:</b>		
Males and females:		
1-2 .....	282	0.8
3-5 .....	323	.8
5 and under .....	697	1.9
Males:		
6-11 .....	261	.7
12-19 .....	267	.7
20-39 .....	414	1.1
40-59 .....	178	.5
60 and over .....	205	.5
20 and over .....	797	2.1
Females:		
6-11 .....	273	.8
12-19 .....	304	.9
20-39 .....	816	1.9
40-59 .....	367	.8
60 and over .....	507	1.2
20 and over .....	1,690	3.9
All individuals .....	4,289	11.1

*-Continued*

**Text Table 7.—Continued**

Poverty status, sex and age (years)	Unweighted count	Percentage of population (weighted)
	<i>Number</i>	<i>Percent</i>
<b>100% poverty and over:</b>		
Males and females:		
1-2 .....	252	2.3
3-5 .....	408	3.5
5 and under .....	733	6.3
Males:		
6-11 .....	432	3.9
12-19 .....	445	4.1
20-39 .....	1,248	12.7
40-59 .....	934	8.7
60 and over .....	795	5.7
20 and over .....	2,977	27.2
Females:		
6-11 .....	398	3.5
12-19 .....	429	4.0
20-39 .....	1,543	13.0
40-59 .....	1,164	9.0
60 and over .....	1,128	6.8
20 and over .....	3,835	28.8
All individuals .....	9,249	77.7



Text Table 8. Counts of individuals and population percentages, by income level, 1 day, CSFII 1989-91

Income level, sex, and age (years)	Unweighted count	Percentage of population (weighted)
	<i>Number</i>	<i>Percent</i>
<b>Under 131% poverty:</b>		
Males and females:		
1-2 .....	331	1.0
3-5 .....	418	1.2
5 and under .....	855	2.4
Males:		
6-11 .....	358	1.1
12-19 .....	343	1.0
20-39 .....	617	1.6
40-59 .....	279	.8
60 and over .....	374	1.0
20 and over .....	1,270	3.4
Females:		
6-11 .....	363	1.1
12-19 .....	366	2.1
20-39 .....	1,109	2.5
40-59 .....	521	1.3
60 and over .....	842	2.1
20 and over .....	2,472	5.9
All individuals .....	6,027	16.0
<b>131-300% Poverty:</b>		
Males and females:		
1-2 .....	145	1.2
3-5 .....	233	2.1
5 and under .....	426	3.6
Males:		
6-11 .....	261	2.3
12-19 .....	265	2.1
20-39 .....	635	5.8
40-59 .....	387	2.7
60 and over .....	400	2.7
20 and over .....	1,422	11.1

Text Table 8. —Continued

Income level, sex, and age (years)	Unweighted count	Percentage of population (weighted)
	<i>Number</i>	<i>Percent</i>
<b>31-300% Poverty:—Continued</b>		
Females:		
6-11 .....	243	2.1
12-19 .....	249	2.1
20-39 .....	792	6.1
40-59 .....	512	3.0
60 and over .....	572	3.4
20 and over .....	1,876	12.5
All individuals .....	4,742	35.9
<b>Over 300% poverty:</b>		
Males and females:		
1-2 .....	58	0.9
3-5 .....	80	1.1
5 and under .....	149	2.1
Males:		
6-11 .....	74	1.2
12-19 .....	104	1.7
20-39 .....	410	6.4
40-59 .....	446	5.8
60 and over .....	226	2.6
20 and over .....	1,082	14.8
Females:		
6-11 .....	65	1.0
12-19 .....	118	1.7
20-39 .....	458	6.3
40-59 .....	498	5.5
60 and over .....	221	2.5
20 and over .....	1,177	14.3
All individuals .....	2,769	36.8

—Continued

**Text Table 9. Counts of individuals and population percentages, by region,  
1 day, CSFII 1989-91**

Region, sex, and age (years)	Unweighted count	Percentage of population (weighted)
	<i>Number</i>	<i>Percent</i>
<b>Northeast:</b>		
Males and females:		
1-2 .....	110	0.6
3-5 .....	152	1.0
5 and under .....	290	1.8
Males:		
6-11 .....	128	.8
12-19 .....	144	1.2
20-39 .....	353	3.3
40-59 .....	267	2.3
60 and over .....	201	1.3
20 and over .....	821	6.9
Females:		
6-11 .....	126	1.0
12-19 .....	142	1.0
20-39 .....	536	3.7
40-59 .....	361	2.3
60 and over .....	430	2.1
20 and over .....	1,327	8.0
All individuals .....	2,978	20.7
<b>Midwest:</b>		
Males and females:		
1-2 .....	160	.9
3-5 .....	230	1.1
5 and under .....	449	2.3
Males:		
6-11 .....	242	1.3
12-19 .....	258	1.4
20-39 .....	476	4.0
40-59 .....	314	2.7
60 and over .....	236	1.4
20 and over .....	1,026	8.1

—Continued

**Text Table 9. —Continued**

Region, sex, and age (years)	Unweighted count	Percentage of population (weighted)
	<i>Number</i>	<i>Percent</i>
<b>Midwest:—Continued</b>		
Females:		
6-11 .....	203	1.1
12-19 .....	210	1.2
20-39 .....	639	4.4
40-59 .....	390	2.8
60 and over .....	358	1.9
20 and over .....	1,387	9.1
All individuals .....	3,775	24.5
<b>South:</b>		
Males and females:		
1-2 .....	181	1.1
3-5 .....	266	1.6
5 and under .....	525	3.0
Males:		
6-11 .....	236	1.7
12-19 .....	245	1.8
20-39 .....	618	5.2
40-59 .....	422	3.4
60 and over .....	459	2.7
20 and over .....	1,499	11.3
Females:		
6-11 .....	247	1.5
12-19 .....	304	2.3
20-39 .....	921	5.4
40-59 .....	638	4.0
60 and over .....	760	3.6
20 and over .....	2,319	13.0
All individuals .....	5,375	34.6

—Continued

Text Table 9.—Continued

Region, sex, and age (years)	Unweighted count	Percentage of population (weighted)
	<i>Number</i>	<i>Percent</i>
West:		
Males and females:		
1-2 .....	123	.7
3-5 .....	158	1.1
5 and under .....	313	1.9
Males:		
6-11 .....	148	1.1
12-19 .....	143	1.0
20-39 .....	412	3.3
40-59 .....	243	2.0
60 and over .....	218	1.6
20 and over .....	873	6.9
Females:		
6-11 .....	146	.9
12-19 .....	181	1.1
30-39 .....	541	3.3
40-59 .....	329	2.2
60 and over .....	326	1.9
20 and over .....	1,196	7.4
All individuals .....	3,000	20.3

Text Table 10. Response to the Continuing Survey of Food Intakes by Individuals, 1 day, 1989-91

Housing units selected .....	23,142	
Screening response rate:		
Occupied housing units .....	20,534	
Screened households .....	17,347	(screened households/occupied housing units = 84.5%)
Household response rate:		
Eligible households .....	8,443*	
Participating households .....	6,718	(participating/eligible households = 79.6%)
1-day response rate:		
Individuals in participating households .....	17,721	
Individuals completing 1-day recall .....	15,192	(completed/participating = 85.7%)
Overall analytic 1-day response rate: Screening rate (84.5%) × household rate (79.6%) × 1-day rate (85.7%) = 57.6%		

\* In the basic sample, all households were eligible to participate in the survey. In the low-income sample, only those households with income for the previous month at or below 130% of the Federal poverty thresholds were eligible for participation. In the low-income sample, households that were not screened were assumed to be eligible at the same rate (23 percent) as screened households.

## Reporting guidelines

Daggers are used in the tables to flag estimates that may be less statistically reliable than those that are not flagged. The rules used for flagging estimates are as follows:

- An estimated mean is flagged when it is based on a cell size of less than 69 (that is, a cell size of less than 30 times the average design effect of 2.3) or when its coefficient of variation (CV) is equal to or greater than 30 percent. This rule also applies to means expressed as percentages—for example, the mean intake of fat expressed as a percentage of kilocalories. Cell size refers to the unweighted number of individuals in a given sex-age group or demographic group.
- An estimated proportion (percent) that falls above 25 percent and below 75 percent is flagged when it is based on a cell size of less than 69 (that is, a cell size of less than 30 times the average design effect of 2.3). An estimated proportion of 25 percent or lower or 75 percent or higher is flagged when the cell size on which the estimate is based ( $n$ ) is smaller than the larger of  $18.4/p$  and  $18.4/(1-p)$ , where  $p$  is the percentile expressed as a fraction—that is, when the smaller of  $np$  and  $n(1-p)$  is less than 8 times the average design effect of 2.3.
- An exception to the rule for proportions (percents) is made for estimates of the percentage of individuals using items from specified food groups or subgroups. These tables are presented together with tables of mean intakes of the same food groups or subgroups. A flag on the mean estimate may be considered to be an index of the statistical reliability of the corresponding “percentage using” estimate, because they are closely related.

## Estimates of variance

Survey results are used in making inferences about the targeted populations. As the variability of the estimates obtained from a sample decreases, the precision with which the estimates measure true population values increases. The appropriate degree of precision depends on the objectives of the sponsoring organization as well as on the practicality and cost of obtaining samples of various sizes.

For any survey employing a complex sampling design, it is appropriate to estimate measures of variance using techniques (available through specialized software such as SUDAAN, PC/CARP, or OSIRIS) that take survey design and weighting into account. Estimates of variance in the tables in this report were calculated using the Taylor series linearization approach in SUDAAN (Shah et al. 1991).

Sample surveys are subject to several types of errors (Groves 1989). Errors of nonobservation may be caused by incomplete coverage; by sampling errors, which occur because a sample, rather than the entire population, is surveyed; and by nonresponse. Observational errors can be introduced by the interviewer, by the respondent, and by the data-collection instrument and its mode of administration. Additional errors may be introduced during coding and further processing of the data.

**Standard error of the mean.** The standard error of the mean is the square root of the estimated variance of the mean. A standard error is a measure of the sampling and random nonsampling errors in an estimate. It does not measure the effects of systematic biases in the survey data (nonrandom nonsampling errors). Rather, the standard error of an estimate measures the potential variation between that estimate and the value that would have been obtained if the entire population had been surveyed using the same methodology. It is assumed that the biasing impact of nonresponse has been removed in the estimation process. Tables of standard errors for the estimates in this report are available from the U.S. Department of Agriculture, Agricultural Research Service, Survey Systems/Food Consumption Laboratory, 4700 River Road, Unit 83, Riverdale, MD 20737.

**Coefficient of variation of the mean.** The coefficient of variation (CV) for an estimated mean is the standard error of the mean divided by the estimated mean and multiplied by 100 percent. Thus, an estimate of 10 with a standard error of 1 has a CV of  $(1/10)100\% = 10\%$ .

**Confidence intervals for means.** Because of the known problems of skewness with food and nutrient intake variables, the construction of confidence intervals around estimated values based on the normal distribution may not be appropriate.





## APPENDIX B. DATA COLLECTION, PROCESSING, AND PRESENTATION

### Data Collection

Interviewers visited every sample address drawn into the sample to determine by visual inspection whether that location was a residential housing unit. To contact individuals in housing units that met this criterion, interviewers made up to three personal visits plus up to eight telephone calls to each household having a telephone. Households without telephones received a minimum of six personal visits.

At each household, the interviewer attempted a screening interview to determine if the household was eligible to participate in the survey. Interviewers were instructed to attempt screening interviews, if possible, with the household member who was responsible for planning and preparing the family meals (main meal planner/preparer). If the main meal planner/preparer was not available, any knowledgeable adult member of the household (18 years old or older) could serve as the screening respondent.

Most households were eligible to participate in the basic survey. However, households with nine or more persons unrelated to the head of the household were considered group quarters and were not eligible. All individuals regularly living in the selected household, except roomers, boarders, and employees, were eligible to participate in the survey; persons who were living away at school, traveling during the survey period, in military barracks, or in institutions were ineligible.

Eligible low-income households were those with income at or below 130 percent of the Federal poverty thresholds during the previous month. This income level was selected because it is the same as one of the income criteria used to determine whether nonelderly households are eligible to participate in the Food Stamp Program. Not all households meeting the income criteria are eligible for food stamps; other criteria, such as asset limitations, must also be met. This survey screened households for only income level, not for Food Stamp Program eligibility. The Federal poverty thresholds are based on income and household size (USDOC–BOC 1990b, 1991b, 1992).

At eligible households, the interviewer provided the household with a letter of introduction and a survey fact sheet and described the survey. Then the interview was administered in person, beginning with the household questionnaire—a series of questions about the composition and characteristics of the household and some food-related behaviors.

The household questionnaire was immediately followed by administration of the day-1 recall to the main meal planner/preparer and then to other members of the household. The reference time period for the day-1 recall was from midnight to 11:59 p.m. on the day preceding the interview. The interviewer began by asking each individual to recall the first time the individual ate or drank something and then collected detailed information about foods eaten at that time. Then the interviewer asked about the next time anything was eaten or drunk and continued asking about each successive eating occasion throughout the day. The interviewer probed as necessary to ensure complete descriptions of foods and beverages and to check for omissions.

If a household member was absent at the time of the interview, the main meal planner/preparer was asked to report what that person had eaten. The recall form was left at the household to be reviewed or completed by the absent person. The main meal planner/preparer was asked to report intake information for any children under the age of 12.

When day-1 recalls had been completed for as many household members as possible, the interviewer described the day-2 and day-3 records and helped each household member begin a record of the current day's intake. The interviewer then scheduled a return appointment for 2-4 days later. Any absent household member who was unable to complete records for the same days as other household members was asked to complete at least a 1-day record for any day prior to the interviewer's return appointment.

During the return interview, the interviewer reviewed the day-2 and day-3 records for completeness. Monetary incentives were distributed at this time; \$2.00 per person was paid for each completed 3-day recall-plus-record set, up to a total of \$20.00 per household.

The format of the form used to record food intake was the same for the day-1 recall and the day-2 and day-3 records. The data collected included the following:

- Detailed descriptions of all foods and beverages consumed
- Quantities eaten
- Time each eating occasion began
- Name of each eating occasion
- With whom the food was eaten
- Source of the food (from the home food supply or obtained and eaten away from home)
- Place from which food was obtained
- Use of fat and salt in food preparation (asked only of the main meal planner/preparer for foods prepared at home).

The interviewers used standard household measuring cups and spoons and a ruler during the interview to help each individual estimate quantities of foods and beverages consumed. The quantity of each food and beverage ingested was reported in common household measures (cups, tablespoons, and teaspoons, or fractions thereof), dimensions, number of units, or weights, as appropriate to the food item. A food instruction booklet, developed by National Analysts based on information provided by HNIS, was used by the interviewers to help each individual describe adequately the foods and the amounts eaten. Each household was provided with a set of measuring cups and spoons and a ruler as well as the food instruction booklet to use while keeping the day-2 and day-3 records. The household kept the cups, spoons, and ruler at the completion of the survey.

Only the main meal planner/preparer was asked to supply information about the use of fat and salt in the preparation of foods and beverages from the home food supply. If any fats or oils were used in preparing a specific item, the main meal planner/preparer was asked to specify the type but not the amount. Similarly, the main meal planner/preparer was asked whether or not salt was used in the preparation of each item from the home food supply, but not the amount of salt used.

Each household member was asked for some additional information during the 1-day recall, including water intake; use of salt at the table; whether the person was on a special diet and, if so, what kind; and use of vitamin or mineral supplements and, if so, what kinds (but not quantities); self-reported healthfulness of diet, height, and weight; use of fish oil and fiber supplements; health status and physical handicaps; level of physical activity during leisure time; cigarette smoking; TV watching; and the use and handling of fully cooked meat and poultry dishes purchased from a store or delicatessen. Information on the frequencies of use of selected foods during the past 3 months and the average number of times these foods were eaten or drunk during a day, a week, or a month was collected at the request of the Environmental Protection Agency. The information on water intake, use of salt, and use of vitamin and mineral supplements is provided in the tables in this report; other variables are included on the data tapes (USDA–HNIS 1992b, 1993b, 1994b).

Eligible households were to be scheduled for contact in a manner designed to provide representativeness of intake data by day of the week. But fewer interviews were conducted on Sunday, so percentages of acceptable dietary forms collected are lower for Saturday (day-1 recall), Sunday (day-2 record), and Monday (day-3 record). The day of interview was included as a control variable in weighting the sample.

## Data Processing

**Food coding:** Completed schedules were coded by the contractor using food codes, gram weight equivalents of reported measures, and coding guidelines provided by the Federal Government (USDA–HNIS 1994a). Each food and beverage (except plain drinking water) reported as ingested during the survey period was assigned a code number, and the amount of each food was converted to weight in grams. Items that could not be coded by the contractor using available information were referred to HNIS for resolution. New codes and appropriate measures and weights were created by HNIS as needed.

The food coding system used for previous HNIS surveys was updated for CSFII 1989-91. The updating process included a review of new foods on the market and the addition of codes for some of these foods; examination within some food groups of the consistency of terminology used in food code descriptions and food measure descriptions; evaluation of the reasonableness of weight equivalents for



some food measures; revision and refinement of recipes used in survey codes; expansion of brand names in food code descriptions and inclusion of additional brand-specific measures and equivalent weights; and review of food coding guidelines.

**Nutrient data base:** The amount of each nutrient in each food eaten was calculated using the weight (in grams) of that food and the nutritive value of that food (per 100 grams) from the USDA Nutrient Data Base for Individual Intake Surveys (USDA–HNIS 1992c). The intake records and the nutrient data base were linked by the food codes. Amounts of each nutrient in each food reported by an individual were summed to obtain the nutrient intake for the day.

The data base used to calculate nutrient intakes was developed by HNIS for use in this survey. The data base contains representative nutrient values, per 100 grams of the edible portion, for each of the approximately 6,700 food items in the food coding system. The values for most items containing two or more ingredients were calculated from the ingredients using representative recipes (Perloff et al. 1990).

The nutrient data base includes values for food energy and 29 nutrients and other dietary components: protein, total fat, saturated fatty acids, monounsaturated fatty acids, polyunsaturated fatty acids, cholesterol, carbohydrate, dietary fiber, vitamin A (as international units and as retinol equivalents), carotenes, vitamin E, vitamin C, thiamin, riboflavin, niacin, vitamin B-6, folate, vitamin B-12, calcium, phosphorus, magnesium, iron, zinc, copper, sodium, potassium, alcohol, and moisture (water).

Information on the use of salt and fat in food preparation was collected from the main meal planner/preparer. This information was used in calculating that individual's nutrient intakes, but not those of other household members.

The values for food energy, nutrients, and other dietary components came from the USDA National Nutrient Data Base for Standard Reference (USDA–HNIS 1992d) and the USDA Nutrient Data Bank (Haytowitz 1990). Most values are supported by laboratory analyses. Nutrient values not available from laboratory analysis were imputed from data for other forms of the food or from data for similar foods. Values for most of the components have a relatively strong research base. However, analytical data for vitamin E are somewhat limited. The values in the data base for carotenes are those used by USDA in arriving at the values for total vitamin A and are not solely beta-carotene.

Methodology for determining total folate content of foods is inadequate (Beecher and Matthews 1990). The current microbiological method approved by the Association of Official Analytical Chemists International applies only to foods that contain the free forms of the vitamin. Data generated by USDA for Agricultural Handbook Number 8 were obtained by a modified method using enzymes to release bound forms. Recent research on determining the folate content of high-protein and high-carbohydrate foods indicates that additional improvements in methodology are needed (Martin et al. 1990).

Nutrient intakes in CSFII 1989–91, compared with those of earlier surveys, reflect improved data as well as changes in the nutrient content of foods attributable to new varieties and species, to new fortification levels, and to changes in food-industry practices. A notable nutrient-data improvement resulted in a decrease in the values for cholesterol content in eggs. This change was incorporated into the nutrient data base before analysis of the 1987–88 Nationwide Food Consumption Survey. Comparisons of results between the CSFII 1989–91 and surveys prior to 1987 should take this improvement into account. For example, the cholesterol intake by women 19 to 50 years of age in the 1985 CSFII was estimated to be 280 milligrams per day; the newer cholesterol value for eggs would lower that estimate by about 9 percent.

**Data cleaning:** Data were subjected to computer-assisted cleaning and editing. As a check for reasonableness, individuals' intakes of food energy, protein, fat, carbohydrate, calcium, iron, and vitamin C were compared with the 2d and 98th percentiles for individuals of the same age group and sex in the NFCS 1987–88. Also, the weight of each food reported was checked against reasonable maximums established by USDA on a food-group basis.

Data that fell outside the limits set as reasonable were verified by checking the original questionnaire and were corrected by USDA if in error. Additional data reviews for reasonableness were performed by USDA staff. Range and logic checks were performed, as were numerous reviews of household characteristics, including extreme income values.

## Data Presentation

Data tapes provided by the contractor were further processed by HNIS to generate the tables in this report. Because of the complex design of the survey, Survey Data Analysis (SUDAAN) software (Shah et al. 1993) was used to calculate means and

standard errors. SAS software (SAS Institute Inc. 1990) was used to manipulate the output from SUDAAN. Paradox for Windows software (Borland International Inc. 1992a) was used to import the data into Quattro Pro for Windows table shells (Borland International Inc. 1992b). The estimates presented in the tables were calculated as follows:

**Federal poverty thresholds (used to calculate poverty status and income levels):** Tables presenting results by poverty status and by income level use household income for the previous calendar year expressed as a percentage of the Federal poverty thresholds adjusted for inflation (USDOC–BOC 1990b, 1991b, 1992). The household income is the household respondent’s estimate of the total income from all sources, before taxes, of all household members for the calendar year before the interview. Each household’s income was expressed as a percentage of the poverty threshold for households of the appropriate size. Individuals were then grouped according to their household income as a percentage of the poverty threshold. The poverty thresholds, provided by the Bureau of the Census, are given in text table 11.

**Text table 11. Federal poverty thresholds, 1988-91**

Household size	1988	1989	1990	1991
	-----Dollars-----			
1 .....	6,024	6,310	6,652	6,932
2 .....	7,704	8,076	8,509	8,865
3 .....	9,435	9,885	10,419	10,860
4 .....	12,092	12,674	13,359	13,924
5 .....	14,305	14,990	15,792	16,456
6 .....	16,149	16,921	17,839	18,587
7 .....	18,248	19,162	20,241	21,058
8 .....	20,279	21,328	22,582	23,605
9 or more .....	24,133	25,480	26,848	27,942

SOURCE: Bureau of the Census, U.S. Department of Commerce

**Food intakes (tables 1.1A to 7.6B):** The estimates of food intakes presented in the tables are weighted arithmetic means (averages) for the group of individuals identified in the stub. For each food group and subgroup identified in the column heads, quantities reported for each individual at all eating occasions were totaled and a weighted group mean was calculated. If no food from a specific food group or subgroup was reported on the survey day, that individual’s total was zero; the zero was included in the calculation of the group mean. Therefore, the mean intakes in the tables include intake values for both users and nonusers. Mean intakes per user can be calculated by dividing the mean intake for a group of individuals by the percentage of individuals using food from that food group expressed as a decimal. For example, the mean intake per user of total fluid milk by men 20 to 29 years old can be determined as follows:

$$\frac{229 \text{ grams fluid milk (from table 4.1A)}}{0.533 \text{ (53.3 percent from table 4.1B)}} = \frac{429 \text{ grams of fluid}}{\text{milk per user}}$$

**Nutrient intakes (tables 8.1 to 8.6):** The estimated nutrient intakes presented in the tables are weighted arithmetic means (averages) for the group of individuals identified in the stub. For each nutrient or dietary component identified in the column head, intakes for each individual at all eating occasions were totaled, and a weighted group mean was calculated. The nutrient intakes presented in the tables do not include vitamin and mineral supplements or plain drinking water. Although data were collected on the frequency and type of vitamin and mineral supplements used, amounts were not obtained. Also, the sodium intake does not include sodium from salt added at the table.

**Nutrient intakes per 1,000 kilocalories (tables 9.1 to 9.6):** See description under “Nutrient intakes” above.

**Nutrient intakes as percentages of 1989 Recommended Energy Allowances (REA) or Recommended Dietary Allowances (RDA) (tables 10.1 to 10.6):** The nutritive values of food intakes as percentages of the REA or RDA were derived by dividing each individual’s intake by the REA or RDA for the appropriate sex and age group (National Research Council 1989). Mean percentages for each age group were calculated. The REA and RDA are listed in text table 12.

**Food energy from protein, total fat, fatty acids, carbohydrate, and alcohol (tables 11.1 to 11.6):** The percentage contributions of protein, fat, fatty acids, carbohydrate, and alcohol to food energy intake were calculated by multiplying each individual’s intake of protein by 4 kilocalories per gram, fat and fatty acids by 9 kilocalories per gram, carbohydrate by 4 kilocalories per gram, and alcohol by 7

kilocalories per gram. These values were divided by the individual's total food energy intake and multiplied by 100 to obtain the percentage of an individual's total food energy intake provided by each nutrient. Individual percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage per individual for that group. The general factors (4, 9, 4, and 7) cited above give estimates for a typical mixed diet and thus are not appropriate for use with diets of infants (Merrill and Watt 1973).



Text table 12.--Recommended Energy Allowances (REA) and Recommended Dietary Allowances (RDA), 1989 (NRC 1989)

Sex, age, pregnancy, and lactation	Food energy (REA)	Protein (RDA)	Water-soluble vitamins (RDA)						
			Vitamin C	Thiamin	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12
	<i>Kilocalories</i>	<i>Grams</i>	----- <i>Milligrams</i> -----			<i>mg(NE)</i>	<i>Milligrams</i>	----- <i>Micrograms</i> -----	
<b>Males and females:</b>									
0-5 (months).....	650	13	30	0.3	0.4	5	0.3	25	0.3
6-11(months).....	850	14	35	.4	.5	6	.6	35	.5
1-3.....	1,300	16	40	.7	.8	9	1.0	50	.7
4-6.....	1,800	24	45	.9	1.1	12	1.1	75	1.0
7-10.....	2,000	28	45	1.0	1.2	13	1.4	100	1.4
<b>Males:</b>									
11-14.....	2,500	45	50	1.3	1.5	17	1.7	150	2.0
15-18.....	3,000	59	60	1.5	1.8	20	2.0	200	2.0
19-24.....	2,900	58	60	1.5	1.7	19	2.0	200	2.0
25-50.....	2,900	63	60	1.5	1.7	19	2.0	200	2.0
51+.....	2,300	63	60	1.2	1.4	15	2.0	200	2.0
<b>Females:</b>									
11-14.....	2,200	46	50	1.1	1.3	15	1.4	150	2.0
15-18.....	2,200	44	60	1.1	1.3	15	1.5	180	2.0
19-24.....	2,200	46	60	1.1	1.3	15	1.6	180	2.0
25-50.....	2,200	50	60	1.1	1.3	15	1.6	180	2.0
51+.....	1,900	50	60	1.0	1.2	13	1.6	180	2.0
<b>Pregnant:</b>									
1st trimester.....	+0	60	70	1.5	1.6	17	2.2	400	2.2
2d trimester.....	+300	60	70	1.5	1.6	17	2.2	400	2.2
3d trimester.....	+300	60	70	1.5	1.6	17	2.2	400	2.2
<b>Lactating:</b>									
1st 6 months.....	+500	65	95	1.6	1.8	20	2.1	280	2.6
2d 6 months.....	+500	62	90	1.6	1.7	20	2.1	260	2.6

Continued

Text table 12.--Recommended Energy Allowances (REA) and Recommended Dietary Allowances (RDA), 1989 (NRC 1989)--continued

Sex, age, pregnancy, and lactation	Fat-soluble vitamins (RDA)			Minerals (RDA)				
	Vitamin A	Vitamin E		Calcium	Phosphorus	Magnesium	Iron	Zinc
	<i>RE</i>	<i>IU ‡</i>	<i>Milligrams alpha-TE</i>	<i>----- Milligrams -----</i>				
<b>Males and females:</b>								
0-5 (months).....	375	1,412	3	400	300	40	6	5
6-11(months).....	375	1,875	4	600	500	60	10	5
1-3.....	400	2,000	6	800	800	80	10	10
4-6.....	500	2,500	7	800	800	120	10	10
7-10.....	700	3,500	7	800	800	170	10	10
<b>Males:</b>								
11-14.....	1,000	5,000	10	1,200	1,200	270	12	15
15-18.....	1,000	5,000	10	1,200	1,200	400	12	15
19-24.....	1,000	5,000	10	1,200	1,200	350	10	15
25-50.....	1,000	5,000	10	800	800	350	10	15
51+.....	1,000	5,000	10	800	800	350	10	15
<b>Females:</b>								
11-14.....	800	4,000	8	1,200	1,200	280	15	12
15-18.....	800	4,000	8	1,200	1,200	300	15	12
19-24.....	800	4,000	8	1,200	1,200	280	15	12
25-50.....	800	4,000	8	800	800	280	15	12
51+.....	800	4,000	8	800	800	280	10	12
<b>Pregnant:</b>								
1st trimester.....	800	4,000	10	1,200	1,200	320	30	15
2d trimester.....	800	4,000	10	1,200	1,200	320	30	15
3d trimester.....	800	4,000	10	1,200	1,200	320	30	15
<b>Lactating:</b>								
1st 6 months.....	1,300	6,500	12	1,200	1,200	355	15	19
2d 6 months.....	1,200	6,000	11	1,200	1,200	340	15	16

‡ Vitamin A allowances were converted by ARS from retinol equivalents (RE) to international units (IU).



APPENDIX C. FOOD MIXTURES

Many foods are mixtures of two or more ingredients. For example, tuna casserole is a mixture of tuna, noodles, milk, and other ingredients. Food mixtures reported in the CSFII as a single item are usually coded as a single item and tabulated under the food group and (if applicable) subgroup of the major ingredient. Tuna is considered to be the major ingredient of tuna casserole, so the casserole is tabulated under the food group “total meat, poultry, and fish” and under the subgroup “mixtures mainly meat, poultry, or fish” (meat mixtures).<sup>5</sup> Thus, the secondary ingredients in the casserole (for example, noodles and milk) are included in the meat, poultry, and fish table rather than in the tables where they would appear if each ingredient were reported and coded separately.

USDA has developed a Food Grouping System for breaking down mixtures into their component parts. The Food Grouping System disaggregates mixtures using information from the Recipe File for release 7 of the USDA Nutrient Data Base for Individual Food Intake Surveys (USDA–HNIS 1992c) plus additional files on items that are listed in the Recipe File as ingredients but are mixtures themselves (for example, soups). For this appendix, foods classified as grain mixtures and meat mixtures in tables in the main body of this report were disaggregated, and their ingredients were reclassified into 22 food groups and subgroups (tables C1 and C2).

Food mixtures other than grain mixtures and meat mixtures were not disaggregated for this appendix. For example, in the main tables of this report, the intake from the food group “nuts and seeds” includes some bread and jelly from peanut butter and jelly sandwiches coded as a single item. Similarly, mayonnaise that was an ingredient in potato salad coded as a single item is represented in the intakes of “total vegetables” and “white potatoes” but not in the intake of “fats and oils.”

For tables C1 and C2, grain mixtures and meat mixtures were disaggregated to a level of detail comparable to foods included in the other food subgroups in tables 1.1A through 7.6A. For example, breads that were part of sandwiches were separated from the mixture as bread, not as flour, water, and leavening. Fried chicken eaten as part of a frozen plate meal classified as a meat mixture was not

<sup>5</sup> See Survey Table Notes for a list of which foods are classified in specific food groups and subgroups.

disaggregated into the ingredients chicken, shortening, and batter, because the poultry subgroup includes batter-dipped fried chicken. For this reason, the food groups in this appendix still include some combined foods as well as discrete food items.

The examples below illustrate how adjusted intakes can be calculated using ingredient data from grain mixtures and meat mixtures. Both examples use data from the “All individuals” row of the survey tables in the main body of this report and in the appendix C tables. The adjusted intake of meat, poultry, and fish is 27 percent less than the unadjusted intake. On the other hand, the adjusted intake of vegetables is 26 percent higher than the unadjusted intake.

Example 1: Adjusted intake of meat, poultry, and fish

Total meat, poultry, and fish (table 5.1A) .....	191 grams
Subtract mixtures mainly meat, poultry, fish (table 5.1A) .....	– 90 grams
Add total meat, poultry, and fish ingredients from:	
—grain mixtures (table C1) .....	+ 7 grams
—meat mixtures (table C2).....	+ 32 grams
Adjusted intake of total meat, poultry, and fish ..	140 grams

Example 2: Adjusted intake of vegetables

Total vegetables (table 2.1A) .....	179 grams
Add vegetable ingredients from:	
—grain mixtures (table C1). ....	+ 21 grams
—meat mixtures (table C2).....	+ 25 grams
Adjusted intake of total vegetables .....	225 grams

Adjusted totals in both of these examples still include foods other than those indicated by the group name. For example, the adjusted total meat, poultry, and fish intake still includes breading and fat from fried cuts or parts, and the adjusted total vegetable intake includes sauce from creamed vegetable dishes. Also, the adjusted amounts may exclude small amounts of meat or vegetables that are components in mixtures not broken down for this analysis because they were not classified as grain mixtures or meat mixtures—for example, potato salad with bacon or tomatoes in a grilled cheese sandwich.

Four food groups and water account for most of the weight of mixtures (tables C1 and C2); the groups are meat, poultry, and fish; vegetables; grain products; and milk and milk products. As shown in text table 13, grain products accounted for 31 percent of the weight of grain mixtures; and meat, poultry, and fish provided 36

percent of the weight of meat mixtures. However, more than half of the weight of each of the mixtures subgroups was from the total of the other food groups, and 16 and 11 percent were water.

Tables C3A to C4B provide information on the types of grain and meat mixtures reported in the survey.

**Text Table 13. Food mixtures: Gram amounts consumed and percentage of total weight by ingredient, all individuals, 1989-91**

Ingredient	Grain mixtures		Meat mixtures	
	Amount	Proportion	Amount	Proportion
	<i>Grams</i>	<i>Percent</i>	<i>Grams</i>	<i>Percent</i>
Grain products .....	28	31	12	13
Vegetables .....	21	24	25	28
Milk and milk products .....	12	13	5	6
Meat, poultry, fish .....	7	8	32	36
Water .....	14	16	10	11

**Guide to Tables in Appendix C**

Table number	Table title	Page
	<u>Breakdown of mixtures into 22 food groups:</u> Mean intakes per individual in a day, by sex and age, 1 day, 1989–91 (tables C1 and C2)	
C1	Mixtures mainly grain .....	244
C2	Mixtures mainly meat, poultry, fish .....	246
	<u>Types of mixtures:</u> Mean intakes per individual in a day and percentages of individuals using, by sex and age, 1 day, 1989–91 (tables C3A to C4B)	
C3A and C3B	Grain .....	248
C4A and C4B	Meat, poultry, fish .....	250



## APPENDIX C TABLES

Appendix table C1.--Mixtures mainly grain broken down into 22 food groups: Mean Intakes per individual in a day, by sex and age, 1 day, 1989-91

Sex and age (years)	Percentage of population	Mixtures mainly grain	Grain products				Vegetables			Fruits	Eggs	Legumes, nuts, and seeds
			Total	Pasta	Rice	Yeast breads and rolls	Total	Tomatoes	White potatoes			
<i>Percent ----- Grams -----</i>												
Males and females:												
Under 1.....	0.9	† 11	† 2	1	*	*	† 1	† 1	0	0	*	*
1-2.....	3.2	62	21	14	† 2	1	13	10	0	0	1	1
3-5.....	4.8	81	28	20	† 3	1	17	13	0	*	1	1
5 and under.....	9.0	67	23	16	† 2	1	14	10	0	*	1	1
Males:												
Under 1.....	0.5	† 16	† 2	† 1	*	*	† 2	† 2	0	0	† 1	*
1-2.....	1.5	68	24	16	† 3	1	12	9	0	0	1	*
3-5.....	2.5	80	28	20	† 3	† 1	19	14	0	*	1	† 1
6-11.....	4.9	108	34	20	† 4	1	27	20	0	*	1	† 2
12-19.....	5.3	121	35	16	† 5	† 1	32	26	0	*	2	† 2
20-29.....	7.3	165	53	25	9	† 1	38	25	0	† 1	1	† 5
30-39.....	8.5	115	35	17	7	1	28	19	0	*	1	† 2
40-49.....	6.2	97	29	12	† 7	1	29	20	*	*	1	† 4
50-59.....	4.2	65	21	13	† 3	*	13	9	*	*	1	† 1
60-69.....	3.9	65	21	13	† 4	1	14	9	*	*	1	† 1
70-79.....	2.4	45	13	9	† 3	*	† 8	† 5	*	0	† 1	*
80 and over.....	0.7	† 78	† 25	† 20	† 3	*	9	† 4	*	0	† 1	*
20 and over.....	33.2	104	33	17	6	1	25	17	*	*	1	† 3
Females:												
Under 1.....	0.5	† 6	† 2	† 1	0	*	† 1	† 1	0	0	0	0
1-2.....	1.7	57	18	† 13	† 1	*	14	10	0	0	1	† 1
3-5.....	2.3	81	27	19	† 2	1	16	11	0	*	† 1	† 1
6-11.....	4.6	93	29	19	† 3	1	24	19	*	*	1	† 1
12-19.....	5.6	100	32	18	† 4	1	26	20	*	*	1	† 2
20-29.....	7.7	107	35	20	† 6	† 1	25	16	*	*	1	† 3
30-39.....	9.1	86	27	14	6	*	21	14	*	*	2	1
40-49.....	6.7	68	21	12	4	*	15	10	*	*	1	† 2
50-59.....	4.5	53	19	12	† 4	*	13	† 8	*	*	1	† 1
60-69.....	4.6	39	13	7	† 3	*	9	6	*	*	*	*
70-79.....	3.0	33	10	7	† 1	*	5	3	*	0	*	*
80 and over.....	1.8	49	16	11	† 3	*	9	† 4	0	*	*	*
20 and over.....	37.4	71	23	13	5	1	16	11	*	*	1	† 1
All individuals.....	100.0	89	28	16	5	1	21	15	*	*	1	2

\* Value less than 0.5 but greater than 0.

† See "Statistical Notes" in app. A.

Continued

Appendix table C1.--Mixtures mainly grain broken down into 22 food groups: Mean intakes per individual in a day, by sex and age, 1 day, 1989-91--Continued

Sex and age (years)	Milk and milk products			Meat, poultry, and fish							Fats and oils	Water
	Total	Fluid milk	Cheese	Total	Beef	Pork	Lamb, veal, game, organ meats	Frankfurters, sausages, luncheon meats	Poultry	Fish and shellfish		
----- Grams -----												
Males and females:												
Under 1.....	† 1	*	*	† 1	† 1	*	0	0	*	0	*	† 6
1-2.....	10	5	5	3	2	*	0	1	*	*	1	12
3-5.....	12	6	6	6	4	† 1	*	*	† 1	*	2	14
5 and under.....	10	5	5	4	3	*	*	1	*	*	1	12
Males and females:												
Under 1.....	*	*	*	† 1	† 1	*	0	0	*	0	*	† 10
1-2.....	14	9	6	3	2	*	0	1	*	*	2	11
3-5.....	† 12	† 6	6	6	4	*	0	1	† 1	*	2	12
6-11.....	12	4	8	9	5	1	0	2	† 1	*	2	19
12-19.....	19	† 6	13	11	6	† 1	*	3	*	*	3	17
20-29.....	26	† 9	16	17	9	† 1	0	4	1	*	4	20
30-39.....	13	† 4	8	10	5	† 1	0	2	† 2	*	2	21
40-49.....	11	2	8	8	5	† 1	*	2	*	*	2	12
50-59.....	† 9	† 4	5	4	2	† 1	0	† 1	† 1	*	2	13
60-69.....	9	4	4	4	2	*	0	*	*	*	† 2	† 13
70-79.....	5	† 2	† 3	† 2	† 2	*	0	0	*	*	1	14
80 and over.....	† 3	† 1	† 2	† 8	† 5	0	0	*	† 1	*	† 1	† 31
20 and over.....	14	5	8	9	5	1	0	2	1	*	2	17
Males and females:												
Under 1.....	† 1	† 1	*	*	*	*	0	0	*	0	*	† 2
1-2.....	7	† 2	4	4	2	*	0	† 1	*	*	1	12
3-5.....	13	7	6	6	† 4	† 1	*	*	*	*	2	16
6-11.....	12	5	7	6	4	*	*	1	*	*	2	16
12-19.....	16	6	9	10	7	1	0	2	† 1	*	2	11
20-29.....	15	† 7	8	9	5	1	0	1	† 1	*	3	15
30-39.....	11	3	7	7	4	† 1	*	1	1	*	2	15
40-49.....	9	† 3	5	5	3	1	0	1	*	*	2	13
50-59.....	8	† 4	4	4	† 2	*	0	*	*	*	2	7
60-69.....	5	2	2	2	1	*	0	*	*	*	1	8
70-79.....	4	† 2	1	2	† 1	*	0	*	*	*	1	11
80 and over.....	† 8	† 4	3	† 3	† 1	*	0	*	† 1	*	2	11
20 and over.....	9	4	5	6	3	1	*	1	1	*	2	12
All individuals.....	12	5	7	7	4	1	*	1	1	*	2	14

\* Value less than 0.5 but greater than 0.

† See "Statistical Notes" in app. A.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Appendix table C2.--Mixtures mainly meat, poultry, fish broken down into 22 food groups: Mean Intakes per individual in a day, by sex and age, 1 day, 1989-91

Sex and age (years)	Percentage of population	Mixtures mainly meat, poultry, fish	Grain products				Vegetables			Fruits	Eggs	Legumes, nuts, and seeds
			Total	Pasta	Rice	Yeast breads and rolls	Total	Tomatoes	White potatoes			
<i>Percent ----- Grams -----</i>												
Males and females:												
Under 1.....	0.9	† 39	2	*	*	*	† 5	† 1	† 3	0	*	*
1-2.....	3.2	37	5	† 1	*	4	10	4	† 2	*	*	*
3-5.....	4.8	51	8	† 2	*	6	15	6	2	† 1	*	*
5 and under.....	9.0	45	6	† 1	*	4	12	5	2	*	*	*
Males:												
Under 1.....	0.5	† 51	† 3	*	*	*	† 6	† 1	† 3	0	*	† 1
1-2.....	1.5	33	6	† 1	0	4	9	† 4	† 1	0	*	*
3-5.....	2.5	49	8	† 2	*	5	14	7	† 2	† 1	*	*
6-11.....	4.9	64	12	† 1	*	10	17	6	† 3	*	*	1
12-19.....	5.3	103	19	1	† 2	14	28	13	3	*	† 1	† 3
20-29.....	7.3	144	24	4	† 2	17	39	17	† 4	*	*	† 2
30-39.....	8.5	145	21	6	† 2	12	42	20	3	† 1	1	† 3
40-49.....	6.2	102	11	† 2	† 1	8	32	14	4	*	1	† 2
50-59.....	4.2	130	13	2	† 3	6	37	12	5	*	1	† 4
60-69.....	3.9	105	12	† 4	† 2	5	26	10	4	*	1	† 2
70-79.....	2.4	88	8	† 2	† 2	3	20	7	3	*	*	† 1
80 and over.....	0.7	72	† 6	† 1	† 2	† 2	19	† 5	† 4	*	*	† 2
20 and over.....	33.2	124	16	3	2	10	35	15	4	*	1	3
Females:												
Under 1.....	0.5	† 26	† 1	*	*	*	† 4	*	† 3	0	0	*
1-2.....	1.7	41	5	† 1	*	† 4	11	† 4	† 3	*	*	*
3-5.....	2.3	52	8	† 1	*	6	16	6	† 2	*	*	*
6-11.....	4.6	63	11	† 2	† 1	8	19	8	† 1	† 1	*	† 1
12-19.....	5.6	73	14	† 2	† 2	10	23	10	† 2	*	*	1
20-29.....	7.7	77	12	3	† 1	7	21	8	1	† 1	*	1
30-39.....	9.1	81	10	2	† 1	6	24	9	2	*	1	1
40-49.....	6.7	79	11	† 3	† 2	6	22	9	2	*	*	† 2
50-59.....	4.5	96	10	† 2	† 2	5	29	8	5	*	*	† 2
60-69.....	4.6	73	8	2	† 1	4	21	8	2	*	1	† 2
70-79.....	3.0	64	6	2	† 2	2	18	5	3	*	*	† 1
80 and over.....	1.8	51	3	† 1	† 1	† 1	12	3	3	*	*	*
20 and over.....	37.4	78	10	2	1	5	22	8	2	*	1	1
All individuals.....	100.0	90	12	2	1	8	25	10	3	*	1	2

\* Value less than 0.5 but greater than 0.

† See "Statistical Notes" in app. A.

Continued

Appendix table C2.—Mixtures mainly meat, poultry, fish broken down into 22 food groups: Mean intakes per individual in a day, by sex and age, 1 day, 1989-91—Continued

Sex and age (years)	Milk and milk products			Meat, poultry, and fish							Fats and oils	Water
	Total	Fluid milk	Cheese	Total	Beef	Pork	Lamb, veal, game, organ meats	Frankfurters, sausages, luncheon meats	Poultry	Fish and shellfish		
----- Grams -----												
Males and females:												
Under 1.....	† 1	† 1	0	† 8	† 3	•	0	0	† 5	•	•	† 22
1-2.....	1	1	•	14	8	•	•	•	3	† 1	•	6
3-5.....	2	1	•	20	13	† 1	•	† 1	2	† 3	1	3
5 and under.....	2	1	•	17	10	•	•	1	3	† 2	1	6
Males:												
Under 1.....	† 1	† 1	•	† 11	† 5	0	0	0	† 5	•	•	† 29
1-2.....	1	† 1	•	13	7	•	•	•	† 4	•	•	† 4
3-5.....	2	2	•	19	13	•	•	† 2	† 2	† 2	1	3
6-11.....	4	† 2	1	24	17	† 1	•	2	† 3	† 1	1	4
12-19.....	5	† 2	3	37	27	† 1	•	† 2	4	† 1	2	† 7
20-29.....	8	† 3	4	53	30	† 2	† 2	2	10	† 6	3	13
30-39.....	7	4	2	53	29	† 3	† 1	1	11	8	3	13
40-49.....	6	4	2	38	24	1	† 2	† 2	5	4	2	10
50-59.....	8	7	1	42	23	† 2	† 2	1	10	4	2	21
60-69.....	5	4	•	37	14	† 3	† 1	† 1	† 10	7	3	18
70-79.....	† 10	† 9	•	31	14	† 2	•	† 1	7	† 6	2	15
80 and over.....	† 3	† 2	•	21	† 9	† 3	† 3	0	† 3	† 2	† 2	† 17
20 and over.....	7	4	2	45	24	2	† 1	2	9	6	3	14
Females:												
Under 1.....	•	•	0	† 5	† 1	•	0	0	† 4	0	•	† 15
1-2.....	† 1	† 1	•	15	† 10	•	•	•	† 3	† 2	•	† 7
3-5.....	2	† 1	† 1	22	14	† 1	•	† 1	2	† 3	1	† 2
6-11.....	3	† 1	1	24	14	† 1	•	† 1	4	† 3	1	4
12-19.....	3	2	2	26	15	† 2	† 1	† 1	† 5	† 1	1	4
20-29.....	5	3	1	28	15	† 2	•	•	8	3	2	7
30-39.....	5	3	1	28	14	2	•	•	6	5	2	8
40-49.....	3	2	1	29	17	† 2	† 1	† 1	6	3	2	8
50-59.....	4	2	1	32	15	† 1	† 2	† 1	9	5	2	15
60-69.....	4	2	† 1	26	11	† 2	•	† 1	8	3	2	8
70-79.....	2	2	•	21	11	† 1	•	•	4	2	2	13
80 and over.....	2	† 1	•	16	8	† 2	•	•	4	† 1	1	14
20 and over.....	4	2	1	27	14	2	•	•	7	3	2	10
All individuals.....	5	3	1	32	18	2	† 1	1	7	4	2	10

\* Value less than 0.5 but greater than 0.

† See "Statistical Notes" in app. A.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91



Appendix table C3A.--Types of grain mixtures: Mean intakes per individual in a day, by sex and age, 1 day, 1989-91

Sex and age (years)	Percentage of population	Total	Bread mixtures			Rice mixtures	Pasta mixtures			Soups	
			Total	Pizza	Tortilla- type		Total	With tomato sauce	With cheese or cream sauce	Total	Pasta
<i>Percent</i> ----- <i>Grams</i> -----											
Males and females:											
Under 1.....	0.9	† 11	*	*	0	*	† 6	† 5	† 1	† 5	† 5
1-2.....	3.2	62	12	10	† 2	† 4	35	19	15	† 12	† 11
3-5.....	4.8	81	16	10	6	† 5	45	22	19	15	14
5 and under .....	9.0	67	13	9	4	† 4	38	19	16	12	12
Males:											
Under 1.....	0.5	† 16	*	*	0	*	† 7	† 7	*	† 9	† 9
1-2.....	1.5	68	11	† 10	† 1	† 5	43	18	24	† 9	† 8
3-5.....	2.5	80	15	11	† 5	† 5	47	28	† 17	† 12	† 12
6-11.....	4.9	108	40	29	† 11	† 6	42	27	13	18	18
12-19.....	5.3	121	51	40	† 9	† 8	52	34	† 16	† 8	† 8
20-29.....	7.3	165	71	58	12	† 17	62	25	† 32	13	† 11
30-39.....	8.5	115	39	26	10	13	42	27	† 11	20	† 17
40-49.....	6.2	97	36	27	7	† 15	38	25	† 5	† 8	† 8
50-59.....	4.2	65	14	† 9	† 3	† 4	33	† 15	† 11	† 12	† 12
60-69.....	3.9	65	† 12	† 7	† 4	† 7	33	16	11	† 12	† 12
70-79.....	2.4	45	† 2	0	*	† 4	† 22	† 16	† 6	16	† 14
80 and over.....	0.7	† 78	† 3	† 1	0	† 8	19	† 10	† 9	† 49	† 46
20 and over.....	33.2	104	36	26	7	12	41	22	14	15	13
Females:											
Under 1.....	0.5	† 6	0	0	0	0	† 5	† 3	† 2	*	*
1-2.....	1.7	57	† 13	† 10	† 2	† 2	29	20	† 6	† 14	† 14
3-5.....	2.3	81	18	10	† 7	† 4	43	† 16	20	† 17	† 16
6-11.....	4.6	93	26	17	† 7	† 6	47	30	14	14	13
12-19.....	5.6	100	35	24	† 10	† 7	51	32	16	† 8	† 7
20-29.....	7.7	107	30	18	11	† 10	52	26	† 20	12	12
30-39.....	9.1	86	22	15	† 5	11	39	24	11	14	11
40-49.....	6.7	68	19	12	† 4	† 9	25	12	† 9	14	† 13
50-59.....	4.5	53	9	7	† 1	6	31	† 15	† 10	† 6	3
60-69.....	4.6	39	7	† 4	† 2	† 6	18	11	6	8	7
70-79.....	3.0	33	3	† 1	† 1	† 3	13	† 5	† 6	14	13
80 and over.....	1.8	49	† 5	† 4	*	† 6	† 26	† 8	† 13	12	11
20 and over.....	37.4	71	17	11	5	8	33	17	11	12	10
All individuals.....	100.0	89	27	19	6	9	39	22	13	13	12

\* Value less than 0.5 but greater than 0.

† See "Statistical Notes" in app. A.

NOTE: See "Notes for Tables in Appendix C."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91.

Appendix table C3B.--Types of grain mixtures: Percentages of individuals using, by sex and age, 1 day, 1989-91

Sex and age (years)	Percentage of population	Total	Bread mixtures			Rice mixtures	Pasta mixtures			Soups	
			Total	Pizza	Tortilla- type		Total	With tomato sauce	With cheese or cream sauce	Total	Pasta
<i>Percent ----- Percent -----</i>											
Males and females:											
Under 1.....	0.9	9.1	0.1	0.1	0.0	0.4	4.8	3.4	1.1	3.7	3.7
1-2.....	3.2	42.6	14.2	11.6	2.3	4.7	21.7	10.5	9.7	6.4	6.2
3-5.....	4.8	40.7	14.8	9.7	5.1	3.7	21.2	9.7	9.1	4.7	4.4
5 and under .....	9.0	38.1	13.0	9.4	3.6	3.7	19.7	9.4	8.4	5.2	5.0
Males:											
Under 1.....	0.5	12.1	0.3	0.3	0.0	0.9	4.0	2.9	0.5	7.0	7.0
1-2.....	1.5	43.5	15.2	14.1	1.1	6.1	22.5	10.7	13.4	4.7	4.4
3-5.....	2.5	39.9	12.6	9.5	3.2	4.0	22.3	13.2	7.7	3.6	3.5
6-11.....	4.9	46.1	26.0	19.4	7.3	3.1	15.2	8.1	5.3	4.8	4.6
12-19.....	5.3	36.6	24.2	18.4	5.0	2.9	10.4	6.1	3.7	2.4	2.4
20-29.....	7.3	39.1	21.3	15.2	5.4	5.1	12.9	4.3	7.0	3.4	2.5
30-39.....	8.5	32.3	15.5	9.3	4.5	4.9	9.9	4.7	3.0	4.0	3.2
40-49.....	6.2	28.1	13.3	9.1	3.1	3.8	10.4	5.6	1.7	2.0	1.9
50-59.....	4.2	19.3	6.3	3.7	1.7	2.1	9.0	3.1	3.4	3.5	3.3
60-69.....	3.9	20.9	5.6	2.8	1.8	3.3	9.2	3.4	3.7	3.4	3.0
70-79.....	2.4	16.0	1.8	0.0	0.4	2.7	6.9	3.7	2.0	4.8	3.9
80 and over.....	0.7	24.0	3.1	1.8	0.0	2.7	6.9	3.9	2.5	11.3	10.9
20 and over.....	33.2	28.7	12.8	8.2	3.4	4.0	10.1	4.3	3.7	3.6	3.0
Females:											
Under 1.....	0.5	5.9	0.0	0.0	0.0	0.0	5.6	4.0	1.6	0.3	0.3
1-2.....	1.7	41.8	13.3	9.3	3.4	3.3	21.0	10.4	6.2	8.0	7.9
3-5.....	2.3	41.6	17.0	10.0	7.2	3.3	19.9	6.0	10.5	5.9	5.4
6-11.....	4.6	40.0	19.4	13.0	5.7	3.8	16.8	9.3	6.3	4.3	4.0
12-19.....	5.6	38.8	20.5	13.0	6.9	3.2	15.7	8.4	6.1	2.2	2.2
20-29.....	7.7	35.6	17.0	10.2	5.5	3.7	13.5	6.0	6.0	3.9	3.7
30-39.....	9.1	31.2	13.3	8.5	3.6	4.6	12.6	5.3	4.3	3.4	3.0
40-49.....	6.7	27.0	12.1	7.7	2.4	3.3	9.5	4.5	3.4	3.9	3.7
50-59.....	4.5	21.1	6.9	4.6	0.9	2.9	10.4	4.0	3.8	2.5	1.1
60-69.....	4.6	18.2	4.9	2.7	1.5	3.7	6.7	3.5	2.7	3.2	2.3
70-79.....	3.0	13.8	2.8	0.9	0.6	1.5	5.8	1.4	3.2	4.8	4.3
80 and over.....	1.8	19.9	2.9	2.3	0.1	2.2	9.8	2.2	4.7	5.4	3.7
20 and over.....	37.4	26.6	10.7	6.6	2.8	3.5	10.6	4.5	4.1	3.7	3.1
All individuals.....	100.0	31.1	14.0	9.3	3.8	3.6	12.0	5.6	4.6	3.7	3.3

NOTE: See "Notes for Tables in Appendix C."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91.

Appendix table C4A.--Types of meat, poultry, fish mixtures: Mean intakes per individual in a day, by sex and age, 1 day, 1989-91

Sex and age (years)	Percentage of population	Total	Meat mixtures					Poultry mixtures				Fish		Soups
			Total	With rice, pasta, and/or vegetables	Loaves	Sandwiches		Total	With rice, pasta, and/or vegetables	Poultry with stuffing or gravy	Sand- wiches	Total	Sand- wiches	
						Total	Hamburgers							
Percent			Grams											
Males and females:														
Under 1.....	0.9	† 39	† 15	† 15	0	•	•	23	22	0	•	•	0	•
1-2.....	3.2	37	23	13	† 1	7	6	9	† 7	† 1	† 1	† 3	0	† 2
3-5.....	4.8	51	38	21	† 4	12	9	6	† 4	•	† 1	5	† 1	•
5 and under .....	9.0	45	31	18	2	9	7	9	7	•	† 1	† 4	† 1	† 1
Males:														
Under 1.....	0.5	† 51	† 24	† 22	0	•	•	† 26	† 26	0	0	† 1	0	0
1-2.....	1.5	33	21	† 10	•	8	7	† 10	† 8	† 2	•	† 1	0	† 1
3-5.....	2.5	49	38	22	† 5	9	6	† 7	† 3	•	† 1	† 4	† 2	•
6-11.....	4.9	64	53	24	† 4	25	19	6	† 3	† 2	† 1	† 3	† 1	† 2
12-19.....	5.3	103	87	38	† 9	38	28	7	† 5	† 1	† 1	† 2	•	† 6
20-29.....	7.3	144	100	44	† 1	45	35	23	19	† 2	† 1	† 12	† 3	† 8
30-39.....	8.5	145	89	52	† 7	27	20	23	13	† 6	† 2	17	† 1	† 13
40-49.....	6.2	102	77	47	10	18	14	10	5	† 3	† 1	6	•	† 8
50-59.....	4.2	130	73	46	† 9	15	† 11	22	† 15	† 7	•	6	† 1	25
60-69.....	3.9	105	46	28	† 6	8	† 4	† 22	† 18	† 3	† 1	15	† 3	† 21
70-79.....	2.4	88	42	29	† 5	5	† 3	15	† 10	† 3	† 1	† 5	•	† 26
80 and over.....	0.7	72	34	24	† 1	† 3	† 3	† 3	† 3	0	0	† 4	0	† 26
20 and over.....	33.2	124	78	43	6	23	18	19	13	4	† 1	11	1	15
Females:														
Under 1.....	0.5	† 26	† 7	† 7	0	0	0	† 19	† 18	0	† 1	0	0	•
1-2.....	1.7	41	25	† 16	† 1	† 7	† 6	† 8	† 6	•	† 1	† 4	0	† 4
3-5.....	2.3	52	39	20	† 3	14	† 11	† 6	† 6	•	0	† 7	† 1	† 1
6-11.....	4.6	63	45	23	† 2	18	13	9	† 6	† 1	•	† 6	•	† 2
12-19.....	5.6	73	55	28	† 2	23	19	† 10	† 6	† 1	† 2	3	† 1	† 4
20-29.....	7.7	77	44	24	† 2	16	12	21	15	† 2	† 1	6	† 2	† 6
30-39.....	9.1	81	45	25	4	13	11	14	10	† 2	† 1	10	† 1	8
40-49.....	6.7	79	52	32	5	14	10	14	11	•	† 2	5	•	† 7
50-59.....	4.5	96	53	36	† 3	11	8	20	14	† 5	† 1	8	•	14
60-69.....	4.6	73	35	18	† 3	9	6	21	18	† 3	•	7	† 1	† 10
70-79.....	3.0	64	36	25	4	4	† 2	8	6	† 1	† 1	5	•	16
80 and over.....	1.8	51	21	12	† 6	† 1	•	8	† 6	† 2	0	† 2	0	† 20
20 and over.....	37.4	78	44	26	4	12	9	16	12	2	1	7	1	10
All individuals.....	100.0	90	57	32	4	18	14	15	11	2	1	7	1	9

\* Value less than 0.5 but greater than 0.

† See "Statistical Notes" in app. A.

NOTE: See "Notes for Tables in Appendix C."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91.

Appendix table C4B.--Types of meat, poultry, fish mixtures: Percentages of individuals using, by sex and age, 1 day, 1989-91

Sex and age (years)	Percentage of population	Total	Meat mixtures					Poultry mixtures				Fish		Soups
			Total	With rice, pasta, and/or vegetables	Loaves	Sandwiches		Total	With rice, pasta, and/or vegetables	Poultry with stuffing or gravy	Sand- wiches	Total	Sand- wiches	
						Total	Hamburgers							
<i>Percent ----- Percent -----</i>														
<b>Males and females:</b>														
Under 1.....	0.9	23.2	7.5	6.4	0.0	0.0	0.0	18.6	18.2	0.0	0.4	0.2	0.0	0.0
1-2.....	3.2	28.6	20.5	9.9	1.1	8.3	6.6	5.1	3.7	0.6	0.9	2.5	0.0	1.3
3-5.....	4.8	36.5	27.0	12.1	3.0	11.5	8.4	4.1	2.7	0.3	0.6	6.1	0.7	0.3
5 and under .....	9.0	32.3	22.6	10.7	2.0	9.2	6.9	6.0	4.7	0.4	0.7	4.2	0.4	0.7
<b>Males:</b>														
Under 1.....	0.5	22.6	9.7	7.5	0.0	0.1	0.1	18.2	18.2	0.0	0.0	0.4	0.0	0.0
1-2.....	1.5	26.4	20.0	8.8	1.0	10.2	7.6	4.8	3.3	0.9	0.5	1.3	0.0	0.7
3-5.....	2.5	38.4	28.1	13.7	3.8	10.7	7.2	3.8	1.5	0.1	1.2	6.0	1.1	0.2
6-11.....	4.9	34.6	29.4	11.1	2.0	17.5	12.8	3.7	2.0	1.0	0.7	2.6	0.5	0.7
12-19.....	5.3	36.0	30.3	11.0	4.0	17.2	13.7	3.7	2.1	0.8	0.8	2.3	0.3	1.0
20-29.....	7.3	42.7	33.1	13.7	0.5	19.4	14.6	7.4	5.4	0.8	0.8	5.4	1.5	2.2
30-39.....	8.5	41.1	26.8	11.3	3.5	13.6	10.2	8.4	5.0	1.5	1.4	6.7	0.3	2.1
40-49.....	6.2	34.2	25.9	12.5	5.1	8.8	5.9	3.8	2.0	1.0	0.5	3.6	0.2	2.2
50-59.....	4.2	42.4	27.4	14.4	4.6	7.7	5.9	8.1	6.4	1.7	0.1	4.0	0.4	6.9
60-69.....	3.9	34.2	16.5	7.8	2.8	4.4	2.1	6.8	5.4	1.1	0.5	8.2	2.1	6.0
70-79.....	2.4	30.8	16.6	10.0	2.9	3.3	1.9	8.1	5.4	1.3	1.2	3.2	0.1	5.6
80 and over.....	0.7	27.4	18.3	10.0	0.7	2.8	2.4	1.2	1.2	0.0	0.0	3.2	0.0	6.5
20 and over.....	33.2	38.5	26.0	11.9	3.1	11.2	8.1	6.9	4.7	1.2	0.8	5.4	0.8	3.6
<b>Females:</b>														
Under 1.....	0.5	23.9	5.2	5.2	0.0	0.0	0.0	19.2	18.3	0.0	0.9	0.0	0.0	0.1
1-2.....	1.7	30.6	20.9	10.9	1.1	6.6	5.7	5.3	4.1	0.2	1.3	3.7	0.0	1.9
3-5.....	2.3	34.6	25.7	10.4	2.2	12.4	9.6	4.5	4.0	0.7	0.0	6.2	0.3	0.5
6-11.....	4.6	36.1	26.7	12.0	1.5	13.4	9.5	4.8	2.7	1.1	0.6	4.2	0.3	1.6
12-19.....	5.6	34.9	25.8	11.5	1.9	13.6	11.3	4.9	2.7	0.9	1.0	3.4	0.4	1.3
20-29.....	7.7	32.7	20.1	8.8	1.5	9.4	6.4	8.6	6.4	1.2	1.0	4.2	1.0	1.7
30-39.....	9.1	34.7	21.4	10.7	2.3	8.0	6.7	7.2	4.9	1.1	0.9	5.9	0.5	2.6
40-49.....	6.7	33.0	21.5	10.7	3.3	7.7	5.3	6.4	4.6	0.3	1.0	4.3	0.1	1.9
50-59.....	4.5	36.1	22.1	12.3	2.5	6.2	4.7	7.8	5.0	1.9	0.8	5.2	0.2	4.1
60-69.....	4.6	31.7	17.1	7.9	2.5	5.6	3.2	9.8	7.8	1.6	0.5	4.6	0.8	2.6
70-79.....	3.0	28.7	15.8	9.3	2.9	2.4	1.4	4.9	3.3	1.1	0.4	4.9	0.3	4.2
80 and over.....	1.8	23.1	12.3	5.1	5.4	0.5	0.2	4.0	2.7	1.3	0.0	1.5	0.0	6.6
20 and over.....	37.4	32.7	19.8	9.8	2.5	6.9	5.0	7.4	5.3	1.2	0.8	4.7	0.5	2.8
All individuals.....	100.0	35.1	23.8	10.9	2.6	10.3	7.6	6.5	4.5	1.1	0.8	4.6	0.5	2.5

NOTE: See "Notes for Tables in Appendix C."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91.



Notes for Tables in Appendix C

Mixtures mainly grain and mixtures mainly meat, poultry, fish broken down into 22 food groups (tables C1 and C2)

Data in these tables represent the total intakes of grain mixtures and meat mixtures broken down into their ingredients. Ingredients were classified into 8 major food groups (for example, vegetables) and 13 subgroups (for example, tomatoes).

In general, the foods included in the food groups and subgroups in tables C1 and C2 were the same as those included in the food groups and subgroups with identical names in the tables in the main body of this report (see Table Notes). Two exceptions exist. By definition, in tables C1 and C2, “mixtures mainly grain” is not a subgroup of “total grain products”; and “mixtures mainly meat, poultry, fish” is not a subgroup of “total meat, poultry, and fish.” One major food group (legumes, nuts, and seeds) and one subgroup (lamb, veal, game, and organ meats) that appear in tables C1 and C2 were each formed by collapsing two groups that appear in the main body of this report.

Water used as an ingredient in grain mixtures and meat mixtures has also been tabulated. Beverages (such as wine), sugars, seasonings, and leavening agents used as ingredients in mixtures are not included in these tables, but they collectively accounted for 1 gram or less of the mean intakes of grain mixtures and of meat mixtures for all individuals.

Types of grain mixtures (tables C3A and C3B)

**Total:** Includes all mixtures having a grain product as a main ingredient that were reported in the “Mixtures mainly grain” column of tables 1.1A through 1.6B. Included here but not in any of the subgroups below are tabbouleh; mixtures such as burritos, chimichangas, or enchiladas with rice; and flavored rice and pasta mixtures.

**Total bread mixtures:** Includes pizza, mixtures with flour or corn tortillas, and other mixtures with a predominant bread ingredient such as meat- and vegetable-filled crepes, quiche, turnovers, and croissants; bread dressings; dumplings; and egg rolls.

**Pizza:** Includes all types of pizza, calzone, and italian meat pie.

**Tortilla-type:** Includes burritos, enchiladas, tacos, tostadas, tamales, nachos, chimichangas, fajitas, and casseroles with tortilla chips or corn chips.

**Rice mixtures:** Includes fried rice; sushi; rice with vegetables, meat, legumes, and/or sauce; flavored rice; pilaf; croquettes; and rice dressing.

**Total pasta mixtures:** Includes pasta mixtures with or without sauce, pasta salads, lo mein, and noodle pudding.

**Pasta with tomato sauce:** Includes lasagna, spaghetti, and macaroni with or without meat; and meat-, cheese-, or spinach-filled ravioli, manicotti, shells, and tortellini.

**Pasta with cheese or cream sauce:** Includes macaroni or noodles and cheese; ravioli, tortellini, and macaroni with cream sauce; and meat-filled pasta with gravy.

**Total soups:** Includes barley soups, rice or noodle soups with beef or chicken, beef soup with biscuit-type dumplings, and sopa seca.

**Pasta soups:** Includes noodle soups with or without meat or poultry, noodle and potato soup, soup with noodle-type dumplings, and won-ton soup.

Types of meat, poultry, fish mixtures (tables C4A and C4B)

**Total:** Includes mixtures having meat, poultry, or fish as a main ingredient. Includes all mixtures that were reported in the “mixtures mainly meat, poultry, fish” column of tables 5.1A through 5.6B. Included here but not in any of the subgroups below are mixtures that are combinations of meat, poultry, and/or fish such as chicken cordon bleu, paella, antipasto, gumbo, and club sandwiches.

**Total meat mixtures:** Includes mixtures with beef, pork, lamb, veal, or game as a main ingredient. Included here but not in any of the subgroups below are meat dishes in gravy or cream sauce and such foods as steak teriyaki, sweet and sour pork, veal scallopini, and beef wellington.

**Meat mixtures with rice, pasta, and/or vegetables:** Includes beef goulash, beef burgundy, chili con carne, beef stew, lamb stew, venison stew, hash, meat with barbecue sauce, frankfurters with tomato-based sauce, pork chow mein, stir-fry meat mixtures, meat pies, meat salads, shish-kabob, swiss steak, and other mixed dishes with rice, pasta, and/or vegetables including tomato sauce.

**Loaves:** Includes meatloaf, hamloaf, meatballs with breading, and croquettes.

**Total sandwiches:** Includes roast beef, ham, sausage, and luncheon meat sandwiches; frankfurters on a bun; meat salad sandwiches; gyros; meat barbecue sandwiches; and hamburgers.



**Hamburgers:** Includes hamburgers, cheeseburgers, chiliburgers, pizzaburgers, and meatball sandwiches.

**Total poultry mixtures:** Includes mixtures with poultry as a main ingredient. Included here but not in any of the subgroups below are poultry dishes such as chicken teriyaki, sweet and sour chicken, and chicken kiev.

**Poultry mixtures with rice, pasta, and/or vegetable:** Includes chicken cacciatore, stewed chicken with tomato-based sauce, chicken curry, chicken hash, chicken stew, chicken chow mein, turkey parmigiana, chicken or turkey salad, and other mixed dishes with rice, pasta, and/or vegetables including tomato sauce.

**Poultry with stuffing or gravy:** Includes poultry with stuffing or dumplings, poultry with gravy, poultry fricassee, poultry a la king, poultry croquettes, and poultry loaves.

**Poultry sandwiches:** Includes poultry sandwiches, poultry salad sandwiches, poultry frankfurters, and poultry barbecue sandwiches.

**Total fish mixtures:** Includes mixtures with fish or shellfish as a main ingredient. Includes fish and seafood with sauce; fish and seafood with rice, pasta, and/or vegetables with or without sauce; stuffed shrimp; crab imperial; fish loaves and cakes; casseroles; salads; and sandwiches.

**Fish sandwiches:** Includes tuna salad, crab cake, and fried fish fillet sandwiches.

**Meat, poultry, fish soups:** Includes all meat, poultry, and fish soups and chowders.

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<sup>7</sup> See note 6 on previous page.



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